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HALLOWEEN FEATURE, PAGES 14 & 15

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Tuesday, October 30, 2012
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It looks like rain. Calgary publicist Alex Kingcott is seen in Times Square on Monday before the brunt of superstorm Sandy hit New York later that night. CONTRIBUTED

Local caught in Sandy's path

Devastation. Mass flooding, widespread travel delays reported as storm makes landfall

As she sat at one of the few cafés still open in soggy Times Square Monday, 24-year-old Calgary resident Alex Kingcott tried to look on the positive side.

"We've heard that the (David) Letterman show is going to go on," she said during a phone interview. "They might really need audience members. We might go to try that, but we all really look like drowned rats at this point."

Many New Yorkers evacuated over the weekend, fearing the worst from superstorm Sandy, which slammed into the heavily populated U.S. Eastern Seaboard on Monday night.

The storm is now travelling north toward Ontario and the Maritimes.

Hunkered down in his Brooklyn home Monday, Calgary native Dave Casey said he's already endured Hurricane Irene last year and an earthquake.

"It's been kind of crazy," he added. "We have flashlights and candles. I know that in New Jersey the power is gone, but it hasn't gone here."

Subway stations and airports in the area were shut down in advance of the storm.

Kingcott said she and friends journeyed to New York to take in a Broadway show Friday. They were somewhat aware of the threat posed by Sandy, but she said it only became real when supplies from drug stores vanished and their nightly hotel room rate jumped from $159 to $390 Sunday.

Quoted

"We've heard that the (David) Letterman show is going to go on.... We might go to try that, but we all really look like drowned rats at this point."

Calgary resident Alex Kingcott
As it turned out, the show was taped sans audience

Calgary flight delays

- WestJet spokesperson Jennifer Sandford reported 35 of the airline's flights from Calgary International had been cancelled by Monday afternoon because of the storm and all flights to New York City's LaGuardia airport had been suspended until at least Wednesday.
- Calgary Airport Authority spokesperson Jody Moseley urged everyone travelling east to check airline websites before heading to the airport.

"It was so strange, all the Starbucks closed yesterday afternoon," said Kingcott, who had planned to catch a WestJet flight home Monday, but that has now been indefinitely delayed. "This has all been a bit of a roller-coaster."

JEREMY NOLAIS/METRO
WITH FILES FROM KATIE TURNER

More coverage (pages 12, 13 & 16)

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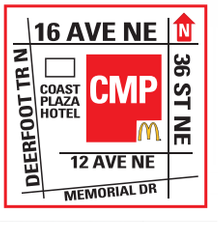

Mother speaks out. Police chief promises review of domestic homicide

Calgary police will conduct a full review of the events leading up to the city's latest homicide, the chief pledged on Monday.

Lacey Jones-McKnight, 20, was found dead late Thursday. Her boyfriend, Kristopher (Tray) Guenther, has been charged with second-degree murder.

Police Chief Rick Hanson fielded questions about the case after McKnight's mother, Shelly Jones, said over the weekend that officers did nothing to help her daughter.

"Anytime there's a homicide, the system has broken down somewhere," Hanson said. "I don't care if it's a gang homicide, domestic homicide, if it's a child that's been killed … the reality is, in a perfect world, we would like to be able to prevent all homicides."

The city's domestic conflict response team (DCRT), which officials linked last month to a 75 per cent drop in domestic violence in Calgary, was not called on to assist McKnight and Guenther because the pilot project was not operating in the jurisdictions where they lived, said Kevin McNichol of the support group Home-Front.

The DCRT conducts police work in tandem with social workers to get to the root of domestic problems. McNichol said additional resources dedicated to the team could help prevent future tragedies.

"I'm pretty confident this is the type of case the DCRT was built to address," he said.

JEREMY NOLAIS/METRO

Gridlock. Traffic chaos offers communications lesson: Mayor Nenshi

Mayor Naheed Nenshi vowed to improve city communications after extended downtown road closures wreaked havoc on city streets on Monday morning.

Nenshi said a "freak incident" kept two key downtown intersections closed for longer than expected, after ENMAX repairs to underground utilities were delayed when workers encountered an unexpected gas line.

"This was not a planned closure," Nenshi said at noon, shortly after the lanes finally reopened. "We never, ever would have planned to close a major intersection like that during the morning rush hour."

He said the city sent out information about the closure at 5 a.m. but, "unfortunately, that was a little too late to tell people about how to make alternate plans."

ROBSON FLETCHER/METRO

Discovered outdoors. Second senior dies of hypothermia in Calgary

For the second time in as many days, it appears an elderly person has died of hypothermia after spending the night outside.

Insp. Patty McCallum said police responded to reports of a body in the 800 block of 44th Street S.E. at about 8:30 a.m. on Monday. McCallum said there were no signs of foul play on the 65-year-old man and witnesses reported giving him food earlier that night.

"We have had the question asked of whether he was homeless. However, we have nothing to indicate that," McCallum said.

She said it's not clear if the man had a medical condition.

On Sunday, police found the body of a woman in her 80s in a parking lot on Coachway Road S.W. It is believed she was suffering from dementia and also died of hypothermia.

JEREMY NOLAIS/METRO

Accused in school crash facing harsher charges

St Paul. Richard Benson apologizes, has yet to enter a plea

Court case

- Judge Kathleen Williams will rule Thursday on whether Benson can be released.
- Details presented at the bail hearing are covered under a publication ban.
- Family confirmed 11-year-old Megan Wolitski died on Friday.

The lawyer for a man accused of driving his minivan into a St. Paul classroom last week, killing one girl and leaving two others in hospital, says his client is remorseful and the defence can't understand why the charges were upgraded on Monday.

Richard Edward Benson appeared in court in St. Paul looking dishevelled and unshaven, with a black patch over his left eye, as lawyers argued over whether he should be released on bail. Charges of dangerous driving were replaced with charges of criminal negligence causing death and bodily harm.

"I don't think it's justified," defence lawyer Brian Beresh said outside court. "Generally, criminal negligence is wanton and reckless disregard. So if someone tells you not to drive, then you decide to drive, that could be wanton and reckless."

As sheriffs led Benson from the court after the matter was adjourned on Monday, he said: "I do apologize ... I'm sorry."

Benson, 46, was initially charged with three counts of dangerous driving causing bodily harm and with resisting arrest and possession of marijuana. The day after the crash, one of the three injured students died in hospital. He now faces a charge of criminal negligence causing death and two counts of criminal negligence causing bodily harm, along with the charges of resisting arrest and drug possession.

The van crashed through Racette Junior High School last Thursday. Some of Benson's family members have said that he was suffering seizures in recent months. .

They said he told them in jail that he had just dropped his two children off at school had then gone to pick up the mail. The last thing he remembers is driving down the alley before he blacked out.

The crash has been traumatizing for everyone in the small town of 5,800, said Dean Bardal, father of a child who was injured. He added no one can understand why Benson was driving if he knew he had been having seizures.

"He should have known better," Bardal said. "He's an individual who had control of a bomb. We're just lucky it wasn't any worse."

THE CANADIAN PRESS

Flowers, teddy bears and candles adorn the fence beside Racette Junior School in St. Paul, where a minivan crashed into a classroom last Thursday.
IAN JACKSON/THE CANADIAN PRESS

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Bills, bills, bills. Okotoks councillor decries added electricity fees

Monday's traffic chaos created by repairs to underground utility lines downtown is an example of why electricity "access fees" make more sense for city customers than residents in small towns, says an Okotoks councillor.

Those fees — tacked onto customers' bills — help compensate municipalities for when streets are dug up, said Coun. Stephen Clark, who was the lone vote against raising similar "franchise fees" in Okotoks last week.

The town approved increasing the premium it adds to electricity bills from seven to 8.5 per cent, but Clark described the move as a "hidden tax" and said many customers don't realize the fee even exists.

Clark added that small towns don't need the compensation in the same way big cities do and he doesn't think the money should simply go to general revenues.

Okotoks Mayor Bill Robertson, however, said the fee hike is a more even way to spread out the tax burden than a property tax increase, noting that businesses pay a 30-per-cent higher tax rate than residences.

The Canadian Taxpayers Federation has long supported narrowing that differential but Alberta director Derek Fildebrandt said there should be no doubt in Okotoks' residents minds: "access fees" are a form of taxation.

ROBSON FLETCHER/METRO

Mounting fees

11.1%

The "local access fee" added to electricity bills in Calgary "in lieu of property taxes and other fees or charges payable to the city by ENMAX Power."

Evacuations

No one injured in 2 separate blazes

A pair of fires in the early hours of Monday morning kept fire crews busy.

Around 2:13 a.m., 16 people were evacuated after smoke and flames were seen in an apartment building at 2 Street and 22 Avenue S.W. No one was hurt.

The second fire in a single family home at 3 Street and 94 Avenue S.E. was around 2:20 a.m. All occupants made it out after a fire was found in the basement. Both fires are still under investigation.

Non-insurable damage

Registration centre to help with June disaster recovery

If you suffered non-insurable damage due to severe June storms, the City of Calgary wants to help.

The city will host a provincial registration centre for those citizens wanting to recoup some of their losses by applying for assistance through the province's Disaster Recovery Program.

The registration centre will be open at the Calgary Water Centre on Nov. 2 and 3. METRO

Mayor Naheed Nenshi speaks to participants at the fourth annual Centre City Congress in Calgary on Monday. ROBSON FLETCHER/METRO CALGARY

Wanted: A 'fun' downtown design

Culture counts. Making Calgary attractive along more than just economic lines will help draw people in, regardless of boom or bust, conference speakers say

ROBSON FLETCHER
robson.fletcher@metronews.ca

Quoted

"What an incredible, incredible night. People coming together for no reason other than to enjoy their city, to live and be and breathe the same air as their neighbours."

Mayor Naheed Nenshi on Nuit Blanche, a multi-city late-night arts festival held for the first time in Calgary in September.

Now that Calgary has made its downtown safer, the next step is making it more fun.

That was a message from key speakers during Calgary's fourth Centre City Congress on Monday, an annual meeting focused on downtown issues.

Rollin Stanley, who came from Maryland and began work as Calgary's head of planning in June, said it's now time for Calgary to take the next step and establish itself in the global consciousness as a place people want to come to.

"Design gets you noticed," Stanley said. "The only time I ever read about Calgary in the Wall Street Journal was about the oil sands and when the Calatrava bridge (the Peace Bridge) was done."

"We have to start thinking about having some fun" downtown.

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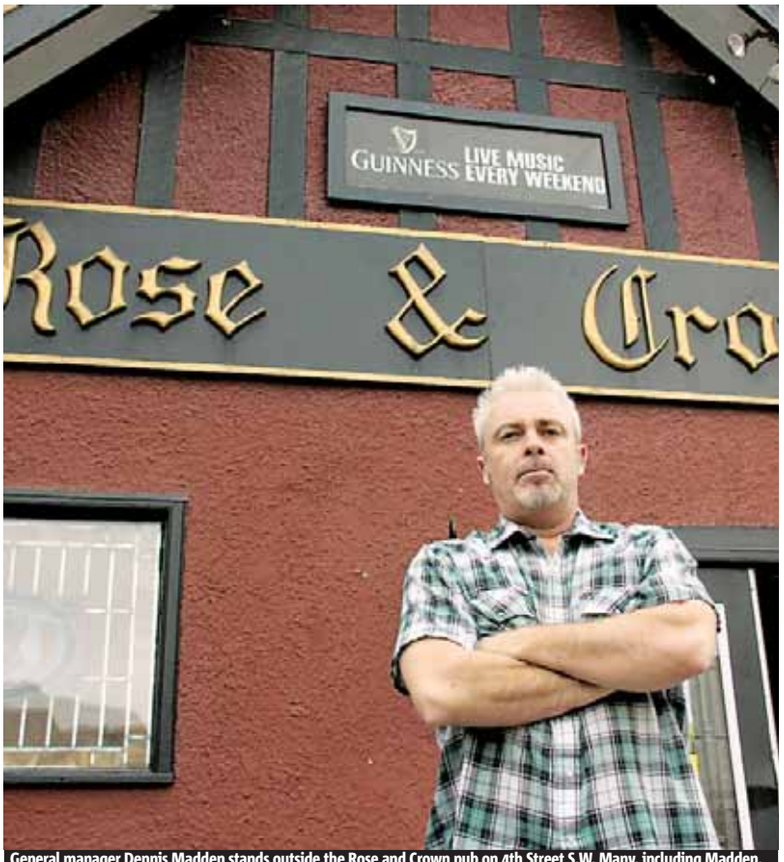

General manager Dennis Madden stands outside the Rose and Crown pub on 4th Street S.W. Many, including Madden, say they have experienced paranormal activity inside the bar. KATIE TURNER/METRO

A haunted tour around Calgary's Rose and Crown pub

Haunted house. Spooky encounters abound at funeral home turned local watering hole

KATIE TURNER
katie.turner@metronews.ca

In 1983, Dennis Madden rushed down the streets of Calgary, only to arrive to his friend's funeral late. He stood behind a stained-glass window in the crowded McInnis and Holloway Funeral Home, watching the proceedings.

At the time, Madden had no clue that he would be working in the building that hosted hundreds of funerals nearly two decades later.

While the Rose and Crown, located on 17th Avenue and 4th Street S.W., has been a popular watering hole since 1986, Madden, now the general manager, said he and the other staff are convinced some of the original occupants still remain.

"I think some people can feel the ghosts and some people can't. I feel them almost every day," he said.

"Over the years, a bunch of the staff that have worked here have told me their stories … about seeing different things, hearing different things, feeling different things."

It's believed, according to Madden, that a little boy once lived in the third-floor attic with his parents, who were the caretakers of the funeral home.

"He died here and he still remains haunting the place."

Climbing the steep, narrow stairs to the former cramped attic apartment, Madden said it's believed some harm was done to the boy before his early death.

"Some people think this is where the little boy used to get locked when he was bad," said Madden, opening the door to a small crawl space.

Down below the often bustling bar, a hole has been dug in the basement where the furnace now sits in a space formerly occupied by the incinerator where bodies were cremated.

"There was a waitress here … who said she saw the little boy, twice, peeking around the furnace."

Despite the ongoing spooky encounters, Madden said, he isn't afraid of coming to work.

"It's just their idea, I guess, of having fun with me and the staff, and what better place to hang out if you're a ghost than a bar."

Video

For a video look at the Rose and Crown's haunted history, visit metronews.ca/calgary.

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Paranormal experts weigh in on ghost reports

Almost 10 years ago, the Centre for Advance Paranormal Investigation looked into Rose and Crown claims, and found the investigation "technically challenging." KATIE TURNER/METRO

In 2003, the Centre for Advance Paranormal Investigation (CAPI), based in Calgary, visited the Rose and Crown and reported multiple technological issues.

According to a report on the CAPI website, the team of five investigators experienced everything from dying batteries in a flashlight to missing frames on camera film.

"This was the most technologically challenging investigation we have ever had. In other haunted locations we have had minor glitches (missing time on video, audio tapes stopping and starting) but nothing like this," reads the report. "Jacquie had her still camera 'freeze' then make awful grinding noises in the basement near the crawl space. The result — five pics from the middle of the roll that turned out (all from within the basement crawl space). The rest were never exposed."

Senior director with CAPI Pat Belliveau said that, over the years, they've done multiple investigations, many in private homes, and often times there's nothing out of the ordinary.

"About 90 to 95 per cent of the investigations we do, whatever is experienced can be explained, but there's always that five to 10 per cent that we have no clue. That's what we classify as paranormal because it can't be explained," he said.

"There are many instances where we've come across stuff or had stuff happen to us and we just have no explanation for it." KATIE TURNER/METRO

Background

Rose and Crown history:

- **History.** According to Calgary's historian laureate, Harry Sanders, the home was built circa 1906 by a man named David Davidson.
- **Family.** Both Davidson (1839-1921) and his wife, Dora (1842-1930), died in the home and had their funerals there before it was a funeral parlour.
- **Funerals.** Two funeral homes, Park Memorial and McGinnis and Holloway, occupied the home between 1935-1986.

Ron Norick, the former mayor of Oklahoma City, speaks in favour using a municipal sales tax to fund facilities, while Brian Felesky of Transformation Calgary looks on. ROBSON FLETCHER /METRO

Fund arts and recreation with sales tax: Group

$2.5B facility deficit. Transformation Calgary says residents are missing out on top-notch shows and events

ROBSON FLETCHER
robson.fletcher@metronews.ca

If a sales tax can fly in ultra-conservative Oklahoma City, it can certainly fly in Calgary, according to a former mayor of the American municipality where residents have overwhelmingly supported a so-called "penny tax."

"Oklahoma is not a state that likes to raise taxes … but they understand taxes if it's for a specific purpose," said Ron Norick, who served as mayor of the state capital from 1987 to 1998.

During that time, Norick pushed to add one percentage point to the city's existing sales tax in order to pay for neglected recreational and cultural facilities. The tax hike was repeatedly approved by referendum, he said.

Calgary should consider the same thing, according to Transformation Calgary, a group pushing for a one-percentage-point addition to the GST within city limits.

Calgary is in "dead-last" place in major Canadian cities in terms of recreational and cultural facilities, said Brian Felesky, the organization's co-chair.

Transformation Calgary contends a municipal sales tax would spread cost more evenly than a property-tax hike and estimates 35 per cent of it would be paid by visitors rather than city residents.

Such a move would require amendments to provincial and federal legislation before it could be put to a vote within Calgary, Felesky noted, but he maintains a "pathological enthusiasm" that the idea will gain support.

The potential

$250M

The amount a one per cent municipal sales tax could raise annually for the city, according to Transformation Calgary

Education Act

MLA proposes no-zero amendment

The official Opposition's education critic wants an amendment to the Education Act stating that no teacher can be fired for giving a student a mark of zero. On Monday, Wildrose MLA Bruce McAllister said he has discussed the proposed amendment with Minister of Education Jeff Johnson. "When all is said and done (teachers) have to be given the ability to give a zero if they feel it's warranted," McAllister said.

METRO

Levin sexual-assault case. Mistrial possible

The jury members in a sexual-assault trial of a former Calgary psychiatrist are being asked to decide if they can sit weeks longer than originally scheduled.

Aubrey Levin, 73, is accused of sexually assaulting 10 former patients that were ordered to see him by the courts.

Levin, who parted ways with his original lawyer last week, has now hired a new lawyer after just a couple of days of representing himself.

Court of Queen's Bench Justice Donna Shelley told the seven-man, five-woman jury that the case will be adjourned for a couple of weeks to give Levin's new lawyer time to prepare.

She says that means that the estimated end to the trial will be delayed from the middle of November to as late as Dec. 10.

If at least three of the 12 jurors indicate they cannot continue it could result in a mistrial.

THE CANADIAN PRESS

Social media used as means for child trafficking

Real dangers. Seemingly innocent flirtation leads to horror as predators find new tools to entrap girls

When a 14-year-old girl received a Facebook friend request from an older man she didn't know, she accepted it out of curiosity. It's a click she will forever regret, leading to a brutal story that has repeated itself as sexual predators find new ways to exploit Indonesia's growing obsession with social media.

The junior-high student was quickly smitten by the man's smooth online flattery. They exchanged phone numbers, and his attention increased with rapid-fire texts. He convinced her to meet in a mall, and she found him just as charming in person.

Predators on Facebook

"So far this year, 27 of the 129 children reported missing (in) Indonesia ... (were) abducted after meeting their captors on Facebook."

Merdeka Sirait, chairman of the National Commission for Child Protection
One of the 27 has been found dead

They agreed to meet again. After telling her mom she was going to visit a sick girlfriend on her way to church choir practice, she climbed into the man's minivan near her home in Depok, on the outskirts of Jakarta.

The 24-year-old man, who called himself Yogi, drove for an hour to the town of Bogor. He locked her in a small room inside a house with five others.

THE ASSOCIATED PRESS

In this Oct. 19 photo, Indonesian youths browse at a cafe. There are eight cases this month of girls being abducted. TATAN SYUFLANA/THE ASSOCIATED PRESS

Myanmar. Violence between Muslims and Buddhists raises concern

Survivors of ethnic clashes in western Myanmar lashed out at the government Monday for failing to prevent violence between Muslims and Buddhists that has displaced more than 28,000 people over the last week.

The crisis, which first began in June, has raised international concern and posed one of the biggest challenges yet to Myanmar's reformist President Thein Sein, who inherited power from a xenophobic military junta last year.

The latest violence between ethnic Rakhine Buddhists and Rohingya Muslims began Oct. 21 and has left at least 84 people dead and 129 injured, according to the government. Human-rights groups believe the true toll could be far higher.

"The authorities are not solving the problem and soldiers are not defending us," said Kyaw Myint, a Muslim man who took refuge at Thechaung camp, outside Sittwe. He fled his home in nearby Pauktaw when it was torched Wednesday.

"I feel as though I am in hell," he said. "We have no one to take care of us, no place to go, and now no job to earn a living."

Root cause

"We are helpless because the government is not dealing with the root of the problem."

Rakhine trader Maung Than Naing, 37

A 37-year-old Rakhine trader named Maung Than Naing, reached by phone in the village of Kyauktaw, also expressed anger over the government's handling of the violence.

"We are helpless because the government is not dealing with the root of the problem," he said. "We no longer want to live with the Muslims."

Maung Than Naing, who also lost his home in an arson attack, blamed the Rohingya for breaking the calm.

"These poor Muslim people who live hand to mouth burned their own homes so that they enjoy the UN aid where they are given shelter and free food," he said. Although many Rohingya have lived in Myanmar for generations, they are widely denigrated as intruders.

THE ASSOCIATED PRESS

Animal-rights activism

Hundreds of lab monkeys killed: Activist group

An animal-rights group has published pictures and video of hundreds of monkeys the group says were killed by a primate breeding farm on the island nation of Mauritius.

The animal rights group BUAV said the monkeys are being bred for sale to labs in the U.S. and Europe.

The group says the monkeys were killed because they had grown too big to sell. BUAV says the killings took place at a lab called Noveprim.

THE ASSOCIATED PRESS

Egypt

Coptic Christians to select new pope

A council of Egypt's Coptic Christians voted on Monday in a process that will lead to the selection of a new pope for the ancient church, as the community struggles to assert its identity and rights amid a rising tide of Islamism that has left many Copts fearful for their future. The succession follows the March death of Pope Shenouda III at the age of 88, after 40 years as the leader of the Coptic Orthodox Church.

THE ASSOCIATED PRESS

Sensenberger seeking new spotlight

Maygan Sensenberger during an interview on Parliament Hill, Thursday. The 23-year-old met 69-year-old Sen. Rod Zimmer in Toronto four years ago. Their age difference drew stares immediately. SEAN KILPATRICK/THE CANADIAN PRESS

Unruly passenger. Wife of senator, an aspiring actress, doesn't want to be known as 'the crazy Air Canada lady'

As her face flashed across television screens throughout the Saskatoon airport's boarding area, Maygan Sensenberger slunk a little lower into her seat. An aspiring actress and model, she'd always dreamed of being famous. Just not like this.

All Sensenberger, 23, wanted to do was get home to Ottawa after pleading guilty to causing a disturbance on an Air Canada flight she took in August along with her 69-year-old husband, Liberal Sen. Rod Zimmer.

But her sensational case — she was accused at one point of threatening to kill her husband — had attracted intense media scrutiny and public interest.

The couple had been on the way to Saskatoon for Zimmer's mother's interment the night of the fateful flight. Neither will discuss the details of precisely what happened.

Witnesses reported Zimmer was in medical distress and Sensenberger was equally distressed when she felt no one was giving him enough help.

Zimmer suggested the whole thing was his fault after he tried to convince her his health was fine.

At first, Sensenberger planned to lie low for a while. But she quickly got bored.

She started sending out headshots, and soon landed roles in two consecutive independent films. She intends to keep at it, while learning to navigate Ottawa's political waters. THE CANADIAN PRESS

Tweets over sheets. Social media more irresistible than sex, study shows

Not tonight, dear ... I'm on Facebook.

Well, it may not have come to that (as of yet) but a new study suggests social media activity, such as checking tweets and email, trumps sex, as well as smoking and alcohol, in terms of sheer irresistibility.

The University of Chicago Booth School of Business, operating in Germany, used smartphone-based surveys to check the desires of 205 men and women, most of whom were college aged, ABC News reported.

For one week the phones buzzed seven times daily alerting the students to take a survey on the type, strength and timing of their desires (for sex and/or using social media) and their ability to resist them.

This meant they had to identify what the desire was and how strong it was.

They also had to note if it conflicted with other desires and what decision they had made, whether to accept or resist the temptation.

While the desire for sex was stronger, the study subjects were more likely to cave in to the desire to use media, including email and social networking platforms like Facebook and Twitter, according to the study. TORSTAR NEWS SERVICE

A study has found that the desire to use social media trumps sexual desire. DAN KITWOOD/GETTY IMAGES

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

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ROGERS™

Mandatory flu shots for health workers urged

Canadian Medical Association. Journal says health-care workers should be mandated to have a flu shot to protect the frail

The Canadian Medical Association Journal has added its voice to calls for mandatory flu shots for health-care workers.

In an editorial published in this week's issue, the journal said hospital workers ought to be vaccinated to safeguard frail, elderly patients whose immune systems are so weakened they don't get much protection from a flu shot themselves.

"We would like individual hospitals to think about taking the initiative,'' said Dr. Ken Flegel, senior associate editor and a general internal medicine specialist at Montreal's McGill University Health Centre.

Flegel acknowledged there will likely be push-back from health-care workers, the majority of whom do not get a flu shot. "I don't want anyone to make me do something I don't believe in or I don't agree to do to my body," he said.

"I think that's a sort of fundamental right. On the other hand, I think the hospital has to say, 'That's fine by us but don't come near our patients."

In recent years there has been a growing movement towards requiring health-care workers to take a flu shot. Earlier this year British Columbia became the first Canadian jurisdiction to require health-care workers to be vaccinated against the flu.

THE CANADIAN PRESS

A Mississippi health employee, left, is given a flu vaccine in October.
AP-ROGELIO V. SOLIS/THE CANADIAN PRESS

Convicted killer. Cold blooded murder in a shared cell

A convicted serial killer who methodically strangled a fellow inmate to death in their shared cell has placed blame on the federal corrections system for transferring him out of a higher-security prison.

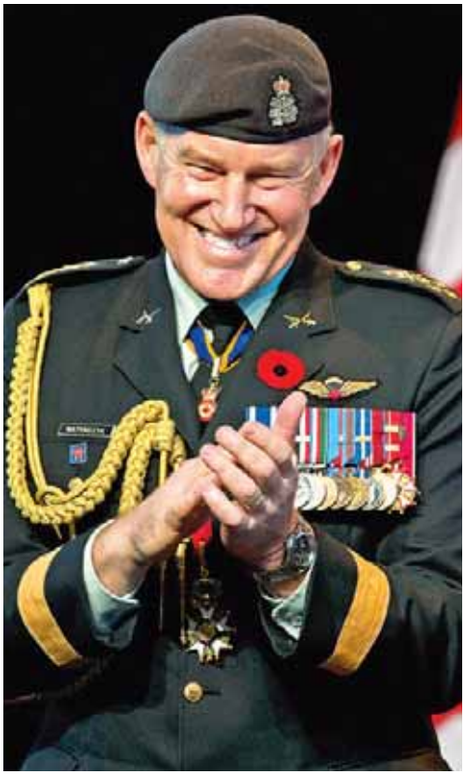
During a police interview played at a coroner's inquest Monday, Michael McGray, 45, described in vivid detail how he planned and then killed 33-year-old Jeremy Phillips in an Agassiz, B.C., prison in November 2010 as part of a fake hostage-taking scenario.

"I don't know why they made the mistake of putting me here. I'm not a 'medium' inmate," McGray told a pair of homicide investigators the day after the crime.

"We didn't have a beef.... This was all about me, it wasn't about him."

McGray is a six-time convicted serial killer from Eastern Canada.

THE CANADIAN PRESS



Gen. Walt Natynczyk retires

Outgoing Chief of Defence Staff Gen. Walter Natynczyk applauds the audience during his speech at the Change of Command ceremony in Ottawa, Monday. General Tom Lawson takes over command.
ADRIAN WYLD/THE CANADIAN PRESS

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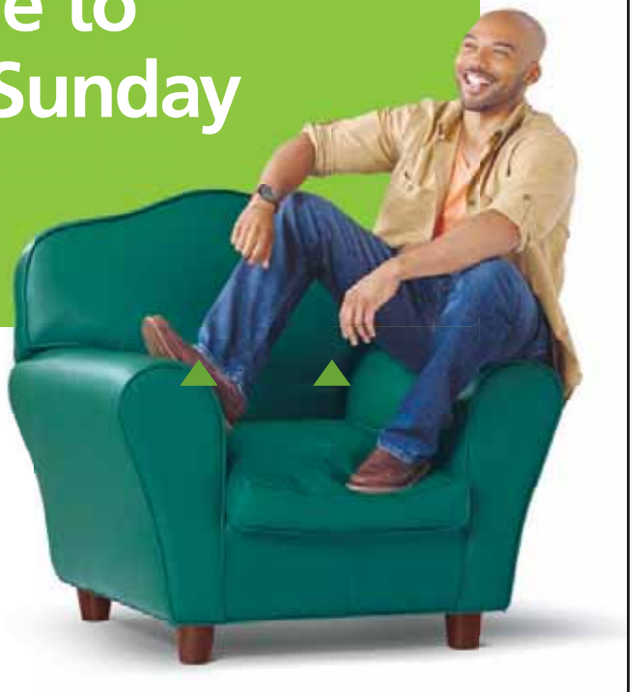

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N.Y. hospital patients moved as backup fails

Firefighters evaluate the scene of an apartment building whose front wall collapsed during superstorm Sandy's rampage through New York City on Monday night. ANDREW BURTON/GETTY IMAGES

Power failure, damage.
New York City not a great place to be on Monday

New York Mayor Michael Bloomberg said backup power was lost at New York University hospital on Monday night as the city worked to move people out.

The mayor delivered a news conference and said rain was tapering off in the city and the storm surge was expected to recede by midnight. The hospital complex is near the East River in an area of lower Manhattan.

Meanwhile, America's oldest nuclear power plant was on alert after waters from the colossal storm reached high levels.

Oyster Creek in Lacey Township, N.J., was already offline for regular maintenance before Sandy.

The Nuclear Regulatory Commission said an "unusual event" was declared around 7 p.m. when water reached a high level. The situation was upgraded less than two hours later to an "alert," the second-lowest in a four-tiered warning system. Federal officials say all nuclear plants are still in safe condition.

They said water levels near Oyster Creek, which is along the Atlantic Ocean, would likely recede within a few hours.

Oyster Creek went online in 1969 and provides 9 per cent of New Jersey's electricity.

THE ASSOCIATED PRESS

Wall falls down

As seen at left, the facade of a four-storey Manhattan building in the Chelsea neighbourhood crumbled and collapsed suddenly, leaving personal contents like couches and paintings visible form the street.

- No one was hurt, although some of the falling debris hit a car.
- In Downtown Manhattan, rescue workers floated orange rafts on flooded streets, while police officers with loudspeakers told people to go home.

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Welcome to Sandy land

The Hudson River swells and rises over the banks of the Hoboken, N.J., waterfront as superstorm Sandy approaches on Monday. CHARLES SYKES/THE ASSOCIATED PRESS

Faster, stronger than expected. A Toronto woman was killed by flying debris as high winds whipped the city

Superstorm Sandy slammed into the New Jersey coastline and hurled a record-breaking four-metre surge of seawater at New York City on Monday, roaring ashore after washing away part of the Atlantic City boardwalk and putting the presidential campaign on hold.

At least 10 deaths were blamed on the storm — those were in New Jersey, New York, Maryland, Pennsylvania and Connecticut. Police in Toronto said a woman was killed by a falling sign as high winds closed in on the city.

Sandy knocked out power to at least 3.1 million people, and New York's main utility said large sections of Manhattan had been plunged into darkness by the storm, with 250,000 customers without power as water pressed into the island from three sides, flooding rail yards, subway tracks, tunnels and roads.

Just before its centre reached land, the storm was stripped of hurricane status, but the distinction was purely technical, based on its shape and internal temperature. It still packed hurricane-force wind, and forecasters were careful to say it remained every bit as dangerous to the 50 million people in its path.

The National Hurricane Center announced at 8 p.m. that Sandy had come ashore near Atlantic City. The sea surged a record of nearly four metres at the foot of Manhattan.

It smacked the boarded-up big cities of the northeast corridor, from Washington and Baltimore to Philadelphia, New York and Boston, with stinging rain and gusts of more than 135 km/h.

As it made its way toward land, it converged with a cold-weather system that turned into a fearsome superstorm, a monstrous hybrid consisting not only of rain and high wind but also of snow.

Hundreds of thousands of people were under orders to move to higher ground. The storm knocked out electricity to more than a million people, and storm damage was projected at $10 billion to $20 billion, meaning it could prove to be one of the costliest natural disasters in U.S. history.

A man struggles with his mangled umbrella in Baltimore, Md., Monday. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

On coastal Long Island, floodwaters swamped cars, downed trees and put neighbourhoods under water as beachfronts and fishing villages bore the brunt of the storm. A police car was lost rescuing 14 people from the popular resort Fire Island.

THE ASSOCIATED PRESS

Vessel made in Canada

Coast guard searches for ship's captain

A Canadian-built replica 18th-century sailing vessel got caught in storm Sandy's wrath and began taking on water Monday, forcing the crew into lifeboats in rough seas near North Carolina.

The U.S. Coast Guard rescued 14 people by helicopter and spent much of the day searching for two missing crew members.

One of them, 42-year-old Claudene Christian, was taken to hospital where she was pronounced dead, according to reports. Rescuers continued to search for the missing captain of the HMS Bounty, 63-year-old Robin Walbridge. Both Christian and Walbridge were wearing survival suits designed to help keep them afloat and protected from cold waters for up to 15 hours.

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Halloween lights up retailers' eyes, too

Sweet deal. Trick-or-treat spending expected to top out at $1.5 billion this year

JESSICA SMITH
Metro in Toronto

Roughly $16.7 million worth of pumpkins were produced in Canada last year, according to Statistics Canada.
TORSTAR NEWS SERVICE FILE

There are almost 3.8 million kids of prime trick-or-treating age in Canada this year and families are spending enough on candy to give them all a killer sugar high, according to Statistics Canada.

Canadians are expected to spend $1.5 billion on Halloween-related purchases again this year, as they did in 2011, according to Consolidated Credit Counseling Services of Canada.

Candy, confectionery and snack food sales skyrocket every October, according to Statistics Canada, which publishes a list of Halloween statistics every year. Sales totaled $355.9 million in October 2011, almost $80 million higher than the average month of sales that year.

Even pumpkins play a significant role in the Canadian economy in the fall, with $16.7 million worth produced in Canada last year, according to Statistics Canada.

According to the Bank of Montreal, Halloween is helping Canadians boost retail spending higher this year than last.

"Retailers have enjoyed some growth despite a challenging economy and mixed signals from consumers throughout this year. We expect retail sales for the month of October to be up slightly more than 2 per cent from a year ago for a total of $39.5 billion," said Doug Porter, Deputy Chief Economist, BMO Capital Markets.

By the numbers

$75

In a poll conducted in September, the Retail Council of Canada found Canadian households with children plan to spend an average of $75 on Halloween purchases this year.

$24

The study found people who live alone intend to spend an average of $24.

75-100%

Half of the people polled said they plan to spend 75 to 100 per cent of their budget on candy.

DON'T

Absolutely don't try any of these when it comes to your Halloween costume:

1. **Be a racist.** At the Campbellford Royal Canadian Legion hall in 2010, one man went as a Ku Klux Klan member and another went in blackface, wearing a noose. They won "best costume." The president of the legion, who was not at the event, later issued an apology.

2. **Be a Nazi.** In 2005, Prince Harry dressed up as a Nazi at a costume party. It's not any more appropriate at Halloween.

GETTY IMAGES FILE

3. **Go naked.** It's probably also a bad idea to "dress up" as Prince Harry in Vegas — at least if you plan on going out in public.

4. **Be a perv.** Some pre-made Halloween costumes are truly atrocious. "Dr. Howie Feltersnatch, gynecologist" may give you a giggle when you read his name tag — but not everyone's going to laugh.

5. **Go in blackface.** At a homecoming pep rally in Waverly, N.Y., this fall, three white students put on blackface and re-enacted Chris Brown beating Rihanna. Neither blackface nor domestic abuse make for great Halloween costumes.

6. **Be a "Happy priest" or "Sexy nun."** Package costumes for women that take religious figures and cultural stereotypes and make them "sexy" for women and add a fake erection for men are bound to offend.

Not everyone will find a sexy nun costume funny. ISTOCK

Popping on costumes of pop culture icons most popular way to celebrate

Masks of American presidents flew off the shelves of a popular Toronto costume shop this year — but prime minister masks are harder to find.

Malabar, a theatrical costume and dance shop, was so packed with costume hunters on the weekend before Halloween they hired security, which controlled a lineup that went out to the street.

Alana Sambey, a dancewear expert who becomes a Halloween costume expert every fall, said the store's elaborate masks are always popular.

"There's always political stuff, they want Obama or Bush — he's really popular — and (Bill) Clinton," she said. "They sold out pretty fast."

Customers often ask for Canadian politician masks — especially of Stephen Harper — but the store hasn't found a manufacturer that makes them, she said.

This year's most popular costumes are Catwoman and Bane from the Dark Night Rises, Sambey said. Superheroes of all kinds — from the current movies or timeless comics — are always popular, she said.

"People come in looking to be inspired," she said. "But I love when people are making their own costumes. When they say they're looking for this and this, and avoid buying a packaged costume, I love helping them out."

JESSICA SMITH/METRO IN TORONTO

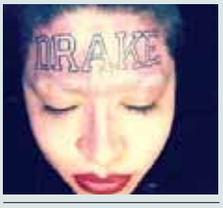
Dancewear expert Alana Sambey holds up a Bane costume at Malabar on Monday morning. JESSICA SMITH/METRO IN TORONTO

U.S. presidents — Obama, Clinton and Bush — remain a popular costume choice north of the border. PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; PHOTOS: GETTY IMAGES FILES

DO

Try out one of these great #lastminutecostume suggestions from Metro readers:

- @rangina told us she bought $2 eyeliner to become "the woman who tattooed DRAKE on her forehead." A woman from L.A. did just that in 2011 and the photos of her real, permanent tattoo went viral.



Michelle Janzso tweeted this photo of her Paper Bag Princess costume. CONTRIBUTED

- For the less controversial, try @mlo10's suggestion. She tweeted, "@metrotoronto paperbag princess! Inside out leaf bag, rope, and a tiara."

- The politically inclined can be Clint Eastwood at the Republican Convention. Wear a suit, bring a chair. That way if you end up alone at the party, you still have someone to talk to.

Going out in Gangnam Style

Psy says he'll be dressing his best this Halloween because his fans from around the world will be dressing up as him.

The South Korean rapper of Gangnam Style fame, whose real name is Park Jae-sang, went on Reddit last week to answer questions from fans on everything from how he and his family are handling his speedy rise to global fame to what he'll be wearing on Oct. 31.

"I heard my costume is costume of the year, so this Halloween I gotta dress more classy, as classy as possible," he wrote, adding that South Korea doesn't celebrate Halloween.

Psy will be performing for the first time in Canada Tuesday night at the Kool Haus in Toronto, as part of a promotion for Samsung. The first 25 people at the door with a Galaxy device and the best five Psy impersonators will be let in, but all of the other tickets have been given away, according to the phone company.

If dressing up as Psy and the other characters from Gangnam Style proves to be as popular as the music video, there may be millions of Psy Oppa's out tomorrow night. Good thing there are a number of looks to chose from.

Playground/Beach Psy: You'll need: Pink shorts, white collared shirt, orange ascot or silk scarf, tortoiseshell sunglasses, and glass of cola to spit everywhere.

Psy in the stables: You'll need: A black suit or tux, black shirt, white bow tie, black shades, black and white oxfords, a talent for horse dancing.

Garbage Psy: You'll need: A blue blazer, black shades, black pants, white shirt, black bow tie and some friends who are willing to throw garbage at you.

Psy in the sauna: You'll need: A blue towel, black shades and little modesty.

Gangnam Girl: You'll need: A flowing white shirt, white socks and sandals, and sparkly shorts (or shorts, sequins and a glue gun).

Yelling at yoga butt Psy: Adventurous couples will need: Black suit jacket, black shades, black bow tie, khakis, a white sleeveless shirt and yoga gear.

Nong Chul and Psy in the elevator: To be comedian Nong Chul you'll need: Straw hat, lime green T-shirt and a hole punch, white shorts and some fabric pens, construction paper, glue and a necklace chain, black sandals.

To be Psy you'll need: A black suit, black bow tie, black shades and a healthy level of comfort with the friend who is going as Chul.

PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; PHOTO: GETTY IMAGES FILE

JESSICA SMITH/METRO IN TORONTO

Sandy's economic forecast: Plenty of short-term pain

Weathering the storm. Despite current havoc, hurricane's effect on overall growth will be offset by reconstruction

A woman carries bags back to her car after visiting a storm-proofed grocery store — which boarded its windows, but stayed open for business — in Sayville, N.Y., on Monday ahead of Hurricane Sandy. The superstorm assaulted the U.S. East Coast Monday, forcing the shutdown of mass transit, schools and financial markets, sending coastal residents fleeing, and threatening a dangerous mix of high winds and soaking rain. JASON DECROW/THE ASSOCIATED PRESS

Airlines cancelled thousands of flights and stranded travellers. Insurers braced for damages of up to $5 billion US. Retailers expected shrunken sales.

Hurricane Sandy is causing disruptions for companies, travellers and consumers. But for the overall economy, damage from the storm will likely be limited. And any economic growth lost to the storm in the short run will likely be restored once reconstruction begins, analysts say.

Preliminary estimates are that damage will range between $10 billion US and $20 billion US. That could top last year's Hurricane Irene, which cost $15.8 billion US.

If so, Hurricane Sandy would be among the 10 most costly hurricanes in U.S. history. But it would still be far below the worst — Hurricane Katrina, which cost $108 billion US and caused 1,200 deaths in 2005.

"Assuming the storm simply disrupts things for a few days and it doesn't do significant damage to infrastructure, then I don't think it will have a significant national impact," Mark Zandi, chief economist at Moody's Analytics, said Monday. The economic impact could be more severe if the storm damages a port or a major manufacturing facility such as an oil refinery, Zandi noted.

THE ASSOCIATED PRESS

Financial markets

Storm surges into earnings season

A number of major U.S. companies postponed quarterly earnings reports scheduled for Monday and Tuesday, as Hurricane Sandy barrelled into the U.S. East Coast and caused the first unplanned shutdown of financial markets since Sept. 11, 2001.

The New York Stock Exchange, Nasdaq and CME Group in Chicago closed Monday. The last time the NYSE closed for a weather event was in 1985, when Hurricane Gloria hit the East Coast.

Stock trading will be closed in the U.S. for a second day Tuesday as the hurricane moves inland.

THE ASSOCIATED PRESS

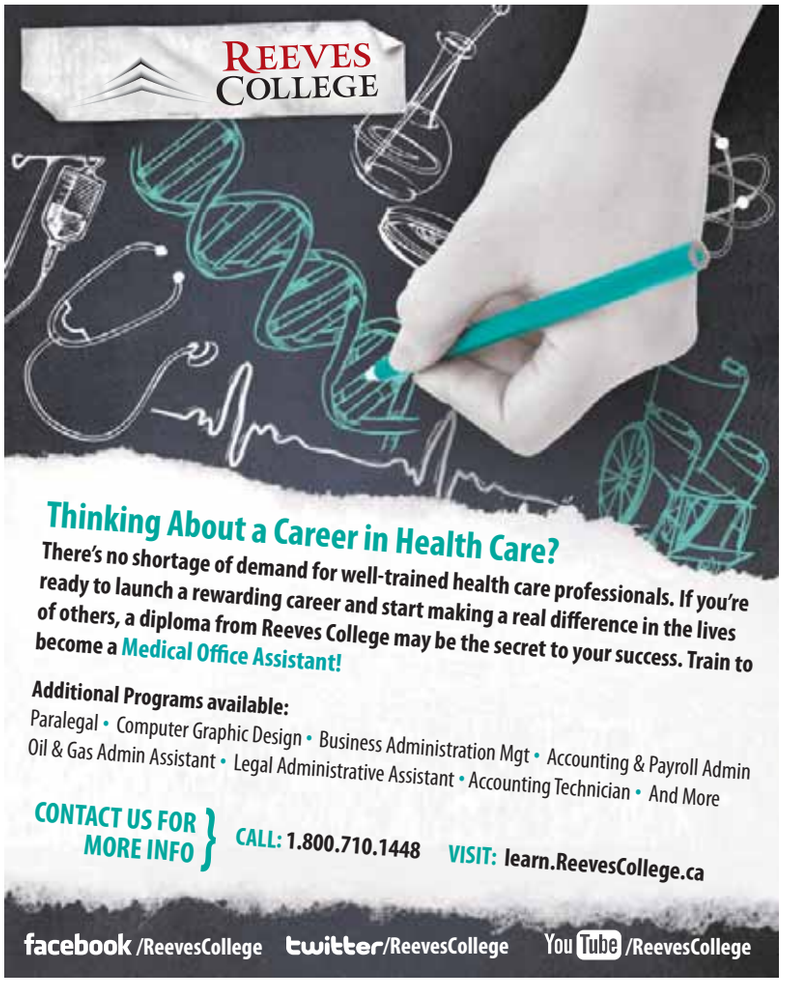
Budget officer. Slower growth could take $22B bite out of economy

Canada's budget watchdog says slower growth will sap about $22 billion annually from the country's economy.

Parliamentary Budget Officer Kevin Page says in a new report that he anticipates economic growth will brake to an annual rate of 1.6 per cent in the second half of this year, after slowing to 1.8 per cent in the first half.

He's not much more optimistic going forward, forecasting tepid growth rates of 1.5 per cent in 2013 and two per cent in 2014. That's at the bottom of most economic forecasts and well below the Bank of Canada's projections of growth rates of 2.2 per cent in 2012 and 2.3 and 2.4 per cent in the two years after that.

The PBO says the removal of government stimulus has robbed about one percentage point of growth from the economy. At the weaker levels, the PBO says Canada's nominal gross domestic product, from which Ottawa derives tax revenues, will be $22 billion lower annually. THE CANADIAN PRESS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Coffee wars. McDonald's wants piece of daily grind

McDonald's will launch take-home ground coffee on Nov. 5, a product that will be exclusively available in Canada.

Each bag is priced at $6.99 for 340 grams, in a shot aimed at the chain's biggest competitors, Tim Hortons and Starbucks. "They're very successful companies and they've got great connections with consumers," said John Betts, president and chief executive of McDonald's Canada. "We had to do something dramatic."

In some respects, it's the evolving at-home coffee market that serves up the most potential for growth. Coffee drinkers average two cups per day and two-thirds of them are brewing some of their drinks at home, according to a report by the NPD Group released in July. More than a quarter of Canadian coffee drinkers (27 per cent) said they sip coffee at home more than they did last year.

McDonald's will start selling bags of ground coffee at its restaurants in Canada on Nov. 5. MCDONALD'S

Betts said McDonald's is keeping its offerings simple for now. The restaurant has decided to sell only bagged coffee, and stay away from the single-cup market.

THE CANADIAN PRESS

Market Minute

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Natural gas: $3.471 US (+7.1¢)
Dow Jones: Closed due to storm

GOOD NEWS TODAY

God forgives all my sins and heals all my diseases. *Psalms 103:3*

(Prayer: Heavenly Father, no sin is too small or too big for your great love. Thank you for forgiving me of them all. Thank you for healing me of all my diseases)

GOODNEWSTODAY.CA

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ON CONTENTIOUS COMMAS AND THE IMPORTANCE OF GRAMMAR

SHE SAYS...
Jessica Napier
metronews.ca

I went to a party a few months ago with a number of friends including a fellow writer. In true nerdy, English-loving fashion, we spent half the night discussing our stance on a common grammatical debate: the serial comma. She was for, I was against; it got quite ugly.

Those who are passionate about punctuation will understand the dispute regarding whether or not a comma needs to precede the final item in a list.

Language 101

When you can have an entire conversation using emoticon characters — those adorable picture icons — is there really a place for your grandfather's dusty copy of The Elements of Style?

Consider these two phrases:

"My favourite colours are red, white and blue."

"My favourite colours are red, white, and blue."

Omitting the final comma in the series doesn't change the meaning at all, but I find the second sentence a little awkward to read. Ultimately, the serial comma (or Oxford comma if you're a Vampire Weekend fan) is more of a stylistic issue than anything else. Interestingly, it may be a colonial issue as well: The British are far more likely to use the serial comma than their North American counterparts.

Are you bored yet?

Grammar lessons are something we all vaguely recall from our grade-school days: chalkboards filled with dull rules about comma splicing and guidelines for capitalizing nouns. Many of these lessons have been forgotten in an age of auto-corrected predictive texting and Internet speak, TBTH.

When you can have an entire conversation using emoticon characters — those adorable picture icons — is there really a place for your grandfather's dusty copy of The Elements of Style?

There are still some folk who relish in grammatical nitpicking, but no one really likes those condescending know-it-alls who make a habit of correcting you when you use "who" instead of "whom" and roll their eyes at dangling modifiers.

But, while it might be dry, learning how to use the correct linguistic tools and conventions can also be a very empowering thing. Grammar gives you the power to say the things you want to say the way you intend to say them.

Totalling 448 pages, The Canadian Press Stylebook is a little impractical to carry around with you, but online sites like Grammar Girl are excellent resources for the grammatically challenged. Writer Mignon Fogarty offers brief tips, and answers questions about common grammatical mistakes or confusions such as the difference between affect and effect and when to use i.e. instead of e.g.

Grammar isn't sexy or exciting, but it can help transform passive sentences into active statements and give us more control over the way we communicate with one another.

Be not afraid of grade-school-grammar-lesson flashbacks. ISTOCK

That's using one's head

ANITA MARIC/NEWSTEAM

Human feat

No headache for extreme balancer

This chap needs to be level-headed to do this stunt.

British grandad John Evans balances a 90-kilogram cement mixer on his head at a charity show near the English city of Derby.

Evans, 65, first discovered his talent in the 1960s when, as a labourer, he would stack 24 bricks on a floorboard and balance it on his head as he climbed up and down ladders. METRO

Q & A

'Strongest neck in the world'

The Guinness World Record holder from the town of Ilkeston, England, spoke to Metro.

How did you balance this hefty-looking thing?
First, a forklift hoists the mixer above my head. Then the lift lowers and places it on top of my head and I start walking backwards about three metres away from the forklift, while holding the plywood on top. Slowly I let go and balance it for a minimum of 10 seconds, before returning to the lift.

Have you had an accident before?
Never. Since I started this over 20 years ago, I have built up the bones and muscles in my neck. I have the strongest neck in the world — I don't think anyone else can do these extreme balancing acts.

The most difficult was balancing a Mini Cooper car, because if it were to fall I wouldn't have time to jump out of the way — the car would crush me!

So no health scares?
Well, my neck has shrunk a bit! I weigh over 130 kilograms myself, (am) diabetic and have one eye, so it's quite remarkable that I can do this sort of thing.

Balancing act

He must be headstrong

Twenty years after his first balancing act as a labourer, he started putting heavy objects on his head for entertainment.

Now, he has 33 Guinness World Records, has travelled the world showing off his talent, and has appeared on The Tonight Show with Jay Leno.

"No one else in the world can do what I do," he said while holding a homemade Tardis (phone booth) on his head during his most recent stunt. METRO

Metropolitan Panel

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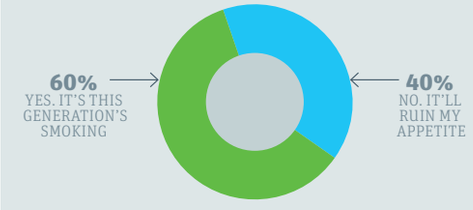
Should junk food carry warning labels?



Twitter

@cthyb:
I hope that all who travelled in to #yyc downtown has a calming mass impromtu yoga session waiting for them at the office. What a nightmare!

@rebel7MOTS:
Thinking of the people in the path of Sandy. Hope everyone stays safe. Thankful for the little weather pocket we live in #yyc.

@stephanieolson:
Between #sandy and the west coast tsunami, I am happy to be in land locked Alberta. #yyc

@misplacedmysass:
We may not have had a fall here in #yyc but at least we don't have to deal with #sandy.

@lolowick:
I hate Monday because Monday hates me. #needsomesunshine #yyc

@aaroncrunch:
So few poppies to be seen around #YYC - less than two weeks, lock it up.

metro

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SCENE

DVD review

Alfred Hitchcock: The Masterpiece Collection

Director. Alfred Hitchcock

●●●●●

Trying to figure out the logic behind any Alfred Hitchcock DVD boxed set can be as suspenseful as one of the master shocker's films. Alfred Hitchcock: The Masterpiece Collection isn't all that different from the similarly titled set released in 2005, except for two important things. It's now in the high-definition Blu-ray format, and it includes North by Northwest, curiously missing from the first release. These two things make this a masterpiece collection worthy of the name, even if we might lament the continuing MIA status of Notorious, Strangers on a Train and Dial M for Murder. This one does a solid job of canvassing a six-decade career that began with silence in the 1920s and continued through "the talkies" and technicolour, up to the studio system's demise in the 1970s. Three films are from the 1940s (Saboteur, Shadow of a Doubt, Rope), five from the '50s (Rear Window, The Trouble With Harry, The Man Who Knew Too Much, Vertigo, North by Northwest), five from the '60s (Psycho, The Birds, Marnie, Torn Curtain, Topaz) and two are from the '70s (Frenzy, Family Plot). Most of the man's best work is here, including Vertigo, recently voted the greatest film of all time by Sight & Sound's poll of critics.

PETER HOWELL

Jim Breuer is just one of the comedians taking part in the Just For Laughs Relationship tour. GETTY IMAGES

Breuer hits the road

Just For Laughs tour. Relationships tour has former SNL funnyman join up with a handful of other comedians for shows across Canada

MARK BRESLIN
scene@metronews.ca

Saturday Night Live alum Jim Breuer is among the comedians touring the country this month as part of Just For Laughs' relationship-based comedy tour. The tour, which runs through Nov. 25, also features John Heffron, Debra DiGiovanni, Tom Papa and Godfrey. Metro recently had the opportunity to chat with Breuer about marriage, rock 'n' roll and who is the biggest partier on the tour.

I'm looking at your official 8-x-10 and I can see that you're sporting some serious man cleavage. Now, is this the image of a family man with a wife and three daughters? You have a sexy, come hither kind of look in your eyes.
Yes, I kind of look a little buff — the "I think I'm still kind of cool and I want chicks to think I'm cool and hot" look. I don't think comics ever let that go. I think this was a year ago, a year and a half ago this picture was taken. I was in the best shape of my life and I think we were using the 8-x-10 for some TV or film we were trying to get.

What does your wife think of that picture? Does she approve?
My wife thinks that's a good picture. But I do have to take a new one where I'm in a suit. The other one that people used was this green corny shirt and I looked soft, I can't stand that picture. But with this one I wanted something a little more edgy, just a little "not sure what you're going to get from this guy"

Speaking of "edgy," how hard is it to reconcile your heavy metal comedy tour with your current relationship material?
Well, I usually open up with 10 minutes of being a heavy metal dad. And going to see concerts at my age, which is absolutely impossible. Now, what you just touched upon is that I did some heavy metal comedy last year as part of the Metallica thing in Germany — a couple of dates in the north east, and it confused audiences. Young people came and flipped out and lost it! Some people thought they were coming to see Jim Breuer just doing standup. So they were decked out for the night and wondering why they were there to see a rock concert. It made me realize I have to completely separate the two.

Sounds like you miss the rock n' roll stuff.
As soon as I'm done with the Canadian tour, I'm going to work for a New York show which is just a hard rock comedy show and we'll be on tour in 2013. We're in rock clubs and people clearly know you're not coming to sit down to watch a theatrical standup show.

You're touring on a relationship themed show with Deb DiGiovanni, Godfrey, and John Heffron. Which one of you is the wild one on the tour?
I'm married with three kids so that stuff is behind me. But I've gotta say it's Godfrey. That man is wild!

You were on SNL for four years in the late '90s. Who were your favourite co-stars on the cast?
I loved working with everyone, but if I had to pick one, I'd have to say Norm MacDonald.

Get your laughs...

To find out when the tour starts dishing out relationship advice in your city, visit hahaha.com/comedytour

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Rapper Kendrick Lamar poses in Toronto in July 2012. NATHAN DENETTE/THE CANADIAN PRESS

Kendrick Lamar: Dr. Dre drawn to my fresh approach to gangsta rap

Compton. Lamar reflects on his upbringing in good kid, m.A.A.d city, his major label debut.

Kendrick Lamar has been heralded as the rebirth of West Coast hip hop, an acclaimed young lyricist who's trying to learn from his rough upbringing in Compton, Calif., and maintain his artistic integrity and life balance as his fame soars.

Such qualities are what compelled one of his idols, Dr. Dre of N.W.A. and Death Row Records fame, to sign Lamar to his Aftermath Entertainment and back his newly released major label debut, good kid, m.A.A.d city.

Dre executive produced the disc in Los Angeles and appears on several tracks, including the first single, The Recipe. Other artists on the album include Jay Rock, MC Eiht, and Toronto's Drake, who recruited Lamar for his Club Paradise Tour earlier this year.

Lamar says Dre wanted to work with him after hearing his track Ignorance Is Bliss from his 2010 mixtape Overly Dedicated, "because it came from a different approach that he'd never seen in gangsta rap."

Quoted

"Every time you hear gangsta rap, everybody's the aggressor, there's really no vulnerability, and I bring that other side of the story because I've been on both ends."

Kendrick Lamar

"(The song) gave him both sides of the story in Compton, the victim and the aggressor, and that's something he'd never seen," a soft-spoken Lamar said during a recent stop in Toronto.

Through heady bass beats and savvy, crisp rhymes, the much raved about good kid, m.A.A.d city reflects on those dualities of Lamar's life and career. Listeners learn of Lamar's risky relationships, his exposure to drugs and gangs in Compton, the changes happening in L.A. County, and how he and others in his life are coming to terms with his fame.

Lamar, 25, grew up in a low-income household surrounded by the violence of L.A.'s gangs and gangsta rap culture. At times, he was exposed to alcoholism, which he writes about on the album's Swimming Pools (Drank).

"(It's) a personal song at the same time good memories of house parties that I'd been to when I was a kid and some things I'd seen in my household, period: a lot of drinking, a lot of smoking," he said.

"I just wanted to reflect on that, not in a bad way but just as a person ... remembering what household I come from and how it had an impact on my life when I became an adult."

Lamar said his dad "was a street cat but at the same time he was a proud father. I was lucky to have one of them in my life.

"What separated me from my homeboys, it was two things: The fact that I had a father, of course, to always let me know when I bump my head, this is going to happen, and the fact that I was a dreamer," noted Lamar.

"Nobody could believe that it was possible to get out of the area that we lived in, because they'd seen so many older generations still be there and be stuck and doing the same thing they doing.

"I always had that imagination, like it was something bigger than just Compton and just where we were at, and that separated me."

THE CANADIAN PRESS

Joe Simpson ALL PHOTOS GETTY IMAGES

Gossip on the green: Joe playing with someone his own age?

The reports dogging Joe Simpson that he's recently come out of the closet to his family and has been carrying on an affair with a 21-year-old man appear to be effecting his golf game. According to Radar Online, Simpson didn't play with his usual partner at his weekly outing. "Everyone noticed that after reports surfaced that Joe was gay, he didn't play with his regular young, good-looking friend this past Saturday, but played with someone much, much older," a source tells the website. "Joe has always played golf at his swanky club Mountain-Gate on Saturdays at 12:30 p.m. with a much younger, 20-something male, who isn't a member. Joe's golfing buddy is extremely good looking and Joe is very, very secretive about his identity. Joe never writes the guest's name on the sign-in sheet and never allows any other members to join in while they play golf, which is very, very odd."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kunis ain't carrying Kutcher's bundle of joy, but maybe soon?

Mila Kunis' rep insists that the actress is not pregnant with boyfriend Ashton Kutcher's child despite photos from a recent outing that appear to show the actress sporting a growing baby bump, according to the Daily Mail. "She is not expecting," her rep tells the newspaper. But that doesn't mean motherhood is out of the question for the Friends with Benefits star, who expressed her desire to be a parent earlier this year in an interview with Glamour. "I do want a family. I'd rather be in love and have a baby than a movie," she said.

The Brangelina bunch go on a Halloween hunt

Angelina Jolie hit a Halloween superstore near Los Angeles this weekend for a bit of last-minute shopping with three of her kids, according to Us Weekly. The actress showed up with daughter Shiloh and four-year-old twins Knox and Vivienne, picking up toys and costumes for the kids. "Angelina looked amazing. She definitely looked really healthy and she was really sweet. A few fans came up to her and she was beyond nice to them and talked to every single one of them," A source says. "They were there for close to an hour and they had a pretty large purchase." Among the items purchased was a unicorn costume for Vivienne that she wore out.

Twitter

@EllenBarkin
Just a random question...do you think anyone has fallen in love over twitter? I mean aside from me, several times.

@JonahHill
I think I'm gonna be "Slutty Mitt Romney" for Halloween.

@kirstiealley
Note to women over 50 who are losing weight... don't get too damn skinny or you'll look like a spider monkey.. pleasantly lean is better..:)

@ConanOBrien
The best perk of being a celebrity? I'm allowed to use 141 characters in my tweets. No, I don't feel like proving it.

Justin Bieber

Biebs likes his body art: More tats for popstar teen

Justin Bieber has added yet another tattoo to his growing collection of body art. The pop star posted a photo to Instagram over the weekend showing off an owl inked on his forearm. It's the second tattoo the singer has added in less than two months, following a crown tattooed on his chest last month. The 18-year-old got his first tattoo — a bird silhouette on his hip — when he was 16.

When Lindsay met Sally

While the East Coast braced for the arrival of Hurricane Sandy, at least one star wasn't too concerned. "Why is everyone in such a panic about the hurricane?" asked Lindsay Lohan on Twitter, adding that she's calling it Sally instead of Sandy. "Stop projecting negativity! Think positive and pray for peace."

Lindsay Lohan

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Keeping your little ghosts and goblins safe this Halloween

Trick-or-treat. New apps allow you to keep tabs on your kids without looking over their shoulder as they gather goodies

DOROTHY ROBINSON
Metro World News

Pick houses your kids feel safe going to trick-or-treat. ISTOCK PHOTOS

You'd never let your child go to a stranger's house unattended any other time of year, so why should Halloween be any different?

Nancy A. McBride, the national safety director for the Center for Missing & Exploited Children in the U.S., says children should be accompanied by a parent or trusted adult and walked to the door by the parent to receive treats.

"Know the neighbourhood in which you plan to trick-or-treat. Pick houses that you feel comfortable letting your child visit. Do not visit homes that are isolated or poorly lit," she says.

Make sure your child is able to see and move easily in his or her costume.

"Consider having your child carry a flashlight so that they can see more easily and are easily seen," she notes.

And even if your child is old enough to go out without your supervision, always make sure he or she is in a group.

If you're still nervous, there are several tracking apps that can provide an extra layer of security to keep track of your children via cellphone without being intrusive.

The Snap Secure Geofence for Android sets a virtual boundary.

"If they stray from that perimeter, or don't return to a specified location within a certain period of time, it automatically sends you an email alert," says Jiren Parikh, CEO of Snap MyLife, the developer of the app.

Their other app is the Snap Secure Family Locator.

"(It) lets you check in on their exact location at any time, in real-time, by using your own mobile device or web dashboard," he notes.

Finally, keep in mind there are different ways to celebrate the holiday that don't involve going to strangers' houses.

"I'm a big fan of organizing a home or community party as an alternative to trick-or-treating," says McBride.

Stay safe

Not only do you have to get your kid a costume, but you also have to make sure it won't hurt them. Here is some advice from the ACEP, a national medical specialty society in the U.S. representing emergency medicine. The society wants to make sure your kid stays out of the emergency room this Halloween.

- **Costumes.** Avoid costumes that could cause children to trip, such as baggy pants, long hems, high heels and oversized shoes. Also, make sure they don't obstruct the child's sight or vision and they are made out of flame-resistant materials, such as nylon or polyester.
- **Visible.** Add reflective tape to costumes so your child is more visible to motor vehicles, and avoid dark colours. Check accessories such as swords, knives, wands and other pointed objects. Make sure they are made from flexible materials and have dulled edges on all sides.

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This stir-fry is outstanding with rice noodles, but it's also good over rice, couscous or linguini.

Chicken thighs are more tender and flavourful than the breast, but you can use either. Dipping the chicken in the soy and cornstarch mixture keeps it very moist.

1. For the chicken, place the diced chicken, soy sauce and cornstarch in a bowl; stir until well combined. Add oil to a non-stick wok and place over medium heat. Sauté the chicken for 4 minutes, until almost cooked. Remove from the pan and set aside. Wipe out the pan.

2. For the sauce, combine the stock, vinegar, soy sauce, sugar, molasses, cornstarch, sesame oil and chili paste in a small bowl; stir until well combined.

3. Cook the noodles in boiling water for 2 minutes or just until tender. Drain and set aside.

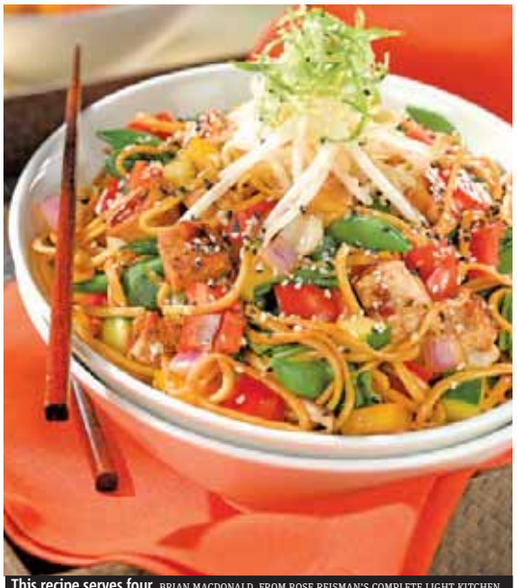
Ingredients

Chicken
- 1 lb boneless, skinless chicken thighs, diced
- 1 tbsp low-sodium soy sauce
- 1 tbsp cornstarch
- 2 tsp vegetable oil

Sauce
- 1/2 cup chicken stock
- 2 tbsp rice vinegar
- 3 tbsp low-sodium soy sauce
- 2 tbsp brown sugar
- 2 tbsp molasses
- 1 tbsp cornstarch
- 2 tsp sesame oil
- 1 tsp hot chili paste

Base
- 6 oz medium rice noodles
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups thinly sliced snow or sugar snap peas
- 1/3 cup chopped cilantro
- 2 tsp sesame seeds, toasted
- fresh bean sprouts

4. Respray the wok with cooking oil and place over medium heat. When hot, add the bell peppers and peas. Sauté for 2 minutes, then stir in the sauce and chicken. Cook, stirring, for about 1 minute, until the sauce has thickened. Add the rice noodles and heat thoroughly, about 2 minutes. Serve on a large platter garnished with cilantro or parsley and sesame seeds. Scatter bean sprouts over top. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Protein punch

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Are you getting enough protein? On average, adult women need about 46 grams and men need about 56 grams. (This average changes with your age, gender, size and activity level or nursing and pregnancy status.)

More isn't always better since your body can only make use of the exact amount it needs, and any extra can put a strain on your kidneys.

North Americans tend to get enough, so the burning question is: Do we get enough of the right source?

Here are protein sources and amounts. Choose more from the leaner end at the top of this list, as they tend to offer added health benefits and few downsides.

- **5 oz/30 g fish (mostly good fats)**
- **1/2 cup/7 g beans (great for fibre)**
- **1/2 cup/8.5 g edamame (soy beans)**
- **2 tbsp/4 g almond butter (good fats and fibre)**
- **3 oz/6 g extra firm tofu**
- **2 oz/14 g cheddar cheese (but it contains 220 calories and 18 g fat)**
- **5 oz/40-60 g of meat, chicken or pork (watch for saturated fat and cholesterol)**

Most experts agree that it is better to vary the source and spread the yummy throughout the day rather than obtaining a big meaty wallop all in one go. (Sorry, Steak Frites). **THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Gingersnaps steal spotlight in succulent sauce

Marinating chicken in a seasoned brine guarantees tender results. Inspired by traditional sauerbraten, the sauce for this recipe features carrots, onions and garlic. An unusual touch is the addition of crushed gingersnap cookies to thicken. Serve this dish with herbed fluffy mashed potatoes.

1. Brine: Fit large resealable plastic bag in a large bowl. In separate bowl, combine molasses, honey, sage, thyme, salt, pepper and 500 ml (2 cups) cold water; pour into bag. Add chicken; seal and refrigerate for a minimum of 2 hours.

2. Discard brine; pat chicken dry with paper towel, leaving any chopped herbs clinging to chicken.

3. Sauce: In heavy-bottomed, non-stick skillet, heat oil over medium heat; brown chicken on all sides, 5 minutes. Remove chicken to plate.

4. Add onion, carrots and garlic to pan, scraping up any browned bits. Cook, stirring often, for 3 minutes or until softened and veg start to brown.

5. Add chicken broth, gingersnap crumbs and vinegar, stirring to combine. Return chicken and any accumulated juices to pan. Mix in sage and thyme. Cover, reduce heat and simmer for about 15 minutes or until juices run clear when chicken is pierced. Season with pepper or to taste. **THE CANADIAN PRESS/FOODLAND ONTARIO**

Ingredients

- 1.25 kg (2 1/2 lb) skinless bone-in chicken drumsticks and thighs (9 or 10 pieces)

Brine
- 125 ml (1/2 cup) fancy molasses
- 30 ml (2 tbsp) liquid honey
- 30 ml (2 tbsp) each chopped fresh sage and thyme leaves
- 30 ml (2 tbsp) coarse sea salt
- 1 ml (1/4 tsp) pepper

Sauce
- 15 ml (1 tbsp) vegetable oil
- 1 large onion, finely diced
- 4 medium carrots, peeled and thinly sliced
- 2 cloves garlic, finely minced
- 375 ml (1 1/2 cups) sodium-reduced chicken broth
- 75 ml (1/3 cup) gingersnap cookie crumbs
- 30 ml (2 tbsp) apple cider vinegar
- 2 ml (1/2 tsp) each chopped fresh sage and fresh thyme leaves
- 2 ml (1/2 tsp) pepper

This recipes serves four to six. THE CANADIAN PRESS/HANDOUT

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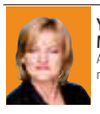
Don't let your teen get caught in a stock market downdraft

Alison on Money. It's RESP reorganization time



YOUR MONEY
Alison Griffiths
money@metronews.ca

If you have a teen with an RESP and a post-secondary goal, the last thing you want is for tuition time to arrive just as the college account sinks by 30 or 40 per cent.

That's exactly what happened to many parents in 2008 and 2009 when the financial crisis hit and equity-heavy RESPs were slammed.

With tremendous uncertainty in world markets and many RESP portfolios performing poorly, there's never been a better time to re-organize those post-secondary savings.

The basic rule is this: Once a child reaches 13, all new RESP contributions should be put into cash investments — basically high interest savings or short-term GICs. Forget money market mutual funds as fees eat up any return.

Next, start selling 10 to 20 per cent of existing stock market investments — usually equity mutual funds or exchange-traded funds (ETFs). Do this annually or, if your trading fees are low — $6.95 to $9.95 — you can sell investments three or four times a year to reach that 10 to 20 per cent.

With many RESP portfolios performing poorly, now is a good time to re-organize post-secondary savings. ISTOCK IMAGES

If the RESP is at a discount brokerage, there may be no trading fee to sell units of the bank's own mutual funds, but there may be for funds offered by other providers. Also, if you have been convinced to buy mutual funds with deferred sales charges (DSC), then there may be sales commissions to pay on units sold within six years of purchase.

Heads up for parents of younger children! Don't buy mutual funds with DSC fees attached. There are plenty of no-load funds out there that won't cost you anything to sell beyond, possibly, a trading fee.

If you follow my plan, by the time your teen is ready to head off to post-secondary studies, most of the investments will be in cash. Yes, you might miss out on a big stock market run-up.

However, it is far better to forfeit some gains than to be forced to rely on a line of credit to pay tuition because the RESP portfolio, still loaded up with equities, is in the tank.

Contact Alison at griffiths.alison@gmail.com oralisongriffiths.ca

In numbers

7

In the past 25 years there have been seven significant stock market declines and many smaller ones.

What happened to your nest-egg goal?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Are you looking back at your 2012 financial goals with a guilt-ridden pain in your stomach? Don't fret. If you want to end 2012 with a plan to really kick-start your net worth growth, read on.

To grow your bottom line, you must reduce debt and build assets.

Step 1
Know where you stand financially so that you can create a plan to grow your bottom line.
When you get home tonight, download your favourite net worth tracking tool to determine what you own and owe.

All major banks have free online calculators, but if you want to build your own, simply total up your assets and subtract your liabilities.

If you get lost, go through your stack of mail and pull out all your financial statements.

Step 2
This week, set a realistic net worth goal for the remainder of 2012, 2013 and 2014.

For example, if your current bottom line is negative $1,000, grow it to $500 by year-end, and aim to have $10,000 by 2014.

Step 3
If you don't start tracking your money, you'll lose it, so develop a budget this week.

According to author Dr. Thomas Stanley, the majority of self-made multi-millionaires keep meticulous budgets, even though they're rolling in dough. A terrific budgeting website is Mint.com, though you can download other free budgeting tools from any major bank.

Step 4
Next week, review your budget and look for ways to cut back unnecessary expenses. Think about your food and shopping habits and pay attention to the small expenses as they can add up to be quite substantial.

Step 5
Going forward. Before you spend your money on payday, prioritize saving and debt reduction through automatic payments. Sign up for your company's retirement savings plan.

Employers will often contribute free money. If your company doesn't have one, or even if they do and you want to save outside of their plan, sign up for an RRSP and TFSA.

Aim to tuck away 10 to 15 per cent of your salary. If that's too steep, start with less and grow your contributions every six months.

Crush your debt quickly by negotiating the lowest rates with your lenders. Then pay a little extra each month. Even $5 can make a difference.

Step 6
Before Dec. 31, 2012, meet with a qualified financial advisor and develop a plan to achieve your goals.

While building your bottom line, don't put yourself on a financial starvation diet.

You still need to enjoy life and all of its experiences, which often cost money. Take a balanced approach.

Ticking time bomb

How late is too late for dinner?

Charles, when a house guest (who has had the same amount of time as all the other ladies and her own private bathroom) just takes endless time to dress and come downstairs for dinner (9:15 p.m. for an 8 p.m. dinner), just how long is dinner to be held up? Her husband and other guests were fuming and I am wondering if I should have just "rung dat bell" and announced dinner. How long should one guest be allowed to hold up the rest of the guests?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

It is rude for any guest to hold up an evening and there is a difference between being fashionably late and just plain rude. In this case the guest was rude. As the host, I would have personally gone upstairs or sent her husband and said that I was unable to hold dinner past 8:30 p.m., and if she was unable to join us downstairs, then we would miss her, but look forward to her joining us when she was able. There is no excuse that I can see to hold up the remaining guests who were all on time. Once the late guest joined the dinner party, I would have then served her main course, but forgone the appetizer to speed things up.

On a lighter note I'm proud to announce that The Charles MacPherson Academy was awarded the prestigious Educator of the Year Award!

Other guests left waiting to eat are likely to be livid. ISTOCK

Sweet November – A charity booster and the reason I met my husband

More than just silly lip hair. Moustache month raises millions worldwide for men's health, but it also introduced me to the love of my life

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Kristen Thompson and husband Dylan showing off their 'staches on their wedding day. JENNIFER MOHER PHOTOGRAPHY

This time every year, I cringe as my husband waffles between growing friendly muttonchops or a pushbroom for Movember.

But I have to remind myself that growing a prickly 'stache is saving and changing lives. And in my case, bringing people together.

In 2007, I hadn't even heard of the Movember campaign — which raises money and awareness for men's health — and I was tasked with writing a story about this quirky fundraiser's first official year in Canada.

A colleague happened to have a friend taking part in Movember, so he passed along his name and contact and I called him up.

That brief interview sparked a friendship that turned into a romance that, four years and four Movembers later, led us down the aisle.

We didn't forget the importance of Movember at our wedding this year, writing a "how we met" story in our wedding program that begins: "It all started with a hairy upper lip."

Wedding guests were also given moustaches on sticks for photo hilarity.

Since we met, Movember has grown into an international movement that's had nearly two million participants in dozens of countries around the world.

Last year alone, Mo Bros and Mo Sistas raised $125.7 million for the cause, and helped bring greater awareness to male participants about the health risks they face.

I admit it, I could do without a month of bristly kisses. I prefer seeing the Tom Selleck ON Tom Selleck. But really, it's worth it when I think about the fact that I only have to live through a month with his moustache, but get a lifetime with Dylan.

The facts

Movember started in Melbourne, Australia in 2003 with 30 participants.

North American launch. The campaign officially got going in Canada, the U.S. and the U.K. in 2007.

What it has become. In 2011, more than 854,000 people in 14 countries took part in the campaign, where it officially obtained charity status in Canada. Last year alone it raised $125 million and helped bring awareness about men's health risks

Parents of gay kids take note

New Book. Coming Around offers advice to parents struggling to come to terms with the fact their child is LGBTQ

JULIA FURLAN
Metro World News in Philadelphia

Fighting for the rights of LGBTQ has included kiss-ins, parades, protests, marches and a wide array of fiery and bitter polemics from all sides of the political spectrum. But the public battles often begin with a quieter challenge — the first time an LGBTQ person comes out to his or her parents.

Coming Around: Parenting Lesbian, Gay, Bisexual and Transgender Kids, a new book by Dr. Anne Dohrenwend, seeks to make that first conversation — and the subsequent ones — as relaxed and positive as possible.

"I want to give people a place to start," Dohrenwend says of her book, which is written for liberal and conservative parents alike.

"Often people do come around. After accepting and learning and loving your child who is gay, it breaks down the stereotypes."

For Steve Scott, there was a long pause at the other end of the line 11 years ago when he called to tell his religious parents that he was gay. Now, Scott is a member of the Gay Men's Chorus of Los Angeles and an active participant in the push for gay rights in California.

For Scott, the conversation that began with telling his parents he was gay continues with the fight for marriage equality.

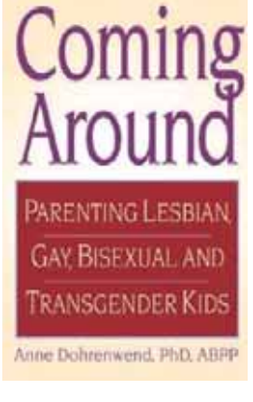
Last week, Scott sent off a package with books and pamphlets for his father in Nebraska after the two engaged in a heated debate.

"It's kind of an ongoing conversation. Even now we're still discussing issues," Scott says.

"I realize and understand it's very tough for him. It's something he's actively trying to comprehend and register."

According to Dohrenwend, Scott and his father are doing the most important thing — communicating. This is vital between parents and their LGBTQ child of any age, at all stages of the coming-out process.

"Kids are more resilient when they feel their parents accept them," says Dohrenwend, who notes that this acceptance is particularly important when they come out earlier in life.



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San Francisco 49ers wide receiver Michael Crabtree breaks the tackle of Arizona Cardinals cornerback William Gay during NFL action on Monday in Glendale, Ariz. Crabtree caught two touchdown passes from quarterback Alex Smith in the 49ers' 24-3 victory. PAUL CONNORS/THE ASSOCIATED PRESS

Smith on target in 49ers' dominant win

NFL. Quarterback completes 18 of 19 passes to help San Fran hand Cardinals their fourth straight loss

On an almost perfect Monday night for Alex Smith, the San Francisco 49ers flexed their NFC West dominance with a 24-3 flattening of the Arizona Cardinals.

Smith completed 18 of 19 passes for 232 yards and three touchdowns — two to Michael Crabtree and one to Randy Moss — to help San Francisco (6-2) open a two-game lead in the division and send Arizona (4-4) to its fourth straight loss.

Smith's only incompletion was dropped by a wide-open receiver.

Smith was 14 of 15 for 146 yards and two touchdowns, both to Crabtree, as the 49ers built a 17-0 halftime lead.

Moss caught a 47-yard TD pass, dodging tacklers down the sideline on a play that seemed to turn back the clock to the receiver's prime. With the catch, he tied Terrell Owens for fourth on the NFL career touchdown list with 156.

Smith, who tied a career high with the three touchdown passes, spread out his completions to 10 receivers. Crabtree led the way with five catches for 72 yards.

Week 8

49ers	Cardinals
24	3

Arizona's defence, supposed to be the team's strength, missed tackle after tackle in an embarrassing nationally televised performance at home. The 24 points were the most allowed by the Cardinals this season.

Led by Smith's near-perfect precision passing, the 49ers methodically dominated from the start. The San Francisco quarterback had the best completion percentage of his career, and he would have been perfect had Delanie Walker not dropped the ball when he was wide open on a crossing route in the first half.

The Cardinals averted a shutout with Jay Feely's 28-yard field goal

John Skelton, making his second start since Kevin Kolb went down with rib injuries, completed 32 of 52 passes for 290 yards, often overthrowing receivers. The Cardinals rushed for just seven yards in nine attempts against the 49ers, who entered the game as the No. 1-ranked defence in the NFL, No. 2 against the run.

THE ASSOCIATED PRESS

Lockout

Winter Classic to be chopped by Friday: Source

The Winter Classic is next on the chopping block.

Barring unexpected progress in the NHL's labour talks this week, the league's signature Jan. 1 event will follow the 326 regular-season games already wiped from the schedule. The formal cancellation is expected to be made by Friday, according to a source, just ahead of a deadline built into the NHL's contract with the University of Michigan.

The deal struck with the school for the rental of Michigan Stadium last February included a "work-stoppage cancellation" clause that allows the NHL to call off the game as late as Friday for a penalty of $100,000 US — an amount it has already paid as a deposit.

THE CANADIAN PRESS

Golf

McIlroy gets best of Woods in match in China

Rory McIlroy outduelled Tiger Woods in the first one-on-one exhibition match between golf's two biggest names.

McIlroy shot a 5-under 67 to beat Woods by one stroke in an 18-hole match between the two top-ranked golfers at the Jinsha Lake Golf Club in central China on Monday.

THE ASSOCIATED PRESS

Rory McIlroy, left, and Tiger Woods walk the course at Jinsha Lake Golf club on Monday.

GETTY IMAGES

Stampeders quarterback Drew Tate, right, fakes a hand-off to Jon Cornish during first-quarter CFL football action against the Lions on Friday in Calgary.
JEFF MCINTOSH/THE CANADIAN PRESS FILE

Jockeying for playoff position

CFL. A Riders victory over Lions would secure third in West

It looks like the Hamilton Tiger-Cats will need all nine of their lives to make the CFL playoffs.

Despite owning a 6-11 record the Ticats remain in playoff contention in the East Division, but barely. Hamilton must beat the Argonauts in Toronto on Thursday, then have the Calgary Stampeders defeat the Edmonton Eskimos on Friday to make the CFL post-season for the fourth straight year.

But either a loss to Toronto or an Edmonton victory will squash Hamilton's post-season aspirations.

The Ticats did their part with a 28-18 home win over Winnipeg on Saturday. They then got a huge helping hand from the Montreal Alouettes, who beat Edmonton 27-25 on Sunday.

The Eskimos could've clinched a playoff spot with a win and thus eliminated Hamilton from post-season consideration. The Ticats ended Winnipeg's playoff hopes with their victory.

Toronto became the latest CFL team to punch its playoff ticket, clinching second in the East Division with a 31-26 road win over the Saskatchewan Roughriders on Saturday night. The Argos will host the conference semifinal Nov. 11 — their first home playoff date since '07 — but won't know who they'll face until this weekend.

Saskatchewan can secure third in the West with either an Edmonton loss or a season-ending victory over B.C. on Saturday night. The good news for the Riders is the Lions have already cemented top spot in the conference, but the defending Grey Cup champions lost a lopsided 41-21 decision to Calgary on Friday night and undoubtedly want to head into the playoffs on a more positive note.

Should Saskatchewan and Edmonton finish tied, the Eskimos would get third in the West after winning the season series 2-1. The Riders would then assume third in the East and travel to Toronto to open the playoffs.

There's a sense of irony that quarterback Kevin Glenn could have a hand in Hamilton's playoff bid. The 33-year-old Detroit native spent three seasons with the Ticats before going to Calgary in the deal that brought Henry Burris to Steeltown last off-season.

Glenn led Calgary (11-6) to 10 of its wins and second in the West after assuming the starter's job when Drew Tate suffered a shoulder injury in July. Tate has fully recovered and Stampeders coach John Hufnagel wants both quarterbacks to play against Edmonton before deciding upon a playoff starter.

Calgary running back Jon Cornish will have a shot at making CFL history in that game. The native of New Westminster, B.C., leads the league in rushing with 1,388 and only needs 50 yards to become the league's top-rushing Canadian in a single season.

Norm Kwong currently holds the mark of 1,437 yards. If Cornish finishes the season as the CFL's top rusher, he'll be the first Canadian to do so since Ottawa's Orville Lee in 1988. THE CANADIAN PRESS

One-game ban

Argos' Isaac suspended

The third time proved very unlucky for Toronto Argonauts linebacker Brandon Isaac.

The CFL slapped Isaac with a one-game suspension Monday for delivering a helmet-to-helmet hit on Saskatchewan Roughriders quarterback Darian Durant on Saturday night.

Isaac wasn't penalized on the play.

This marks the third time the CFL has disciplined Isaac this season.

He was fined both previous times for an illegal hit on Calgary Stampeders tailback Jon Cornish and a helmet-to-helmet blow against Winnipeg quarterback Buck Pierce.
THE CANADIAN PRESS

New-look Lakers contemplate opening season without Kobe

Kobe Bryant has missed the last week of practice with an injury. His teammates still don't know their new offence. And the Los Angeles Lakers just finished the first winless pre-season in franchise history.

Ready or not — and most signs point to not — the Lakers regular season has arrived.

Bryant sat out Monday while his teammates went through a lengthy workout ahead of Tuesday night's opener against Dallas. It's the first of four games in six days for a star-studded club with championship aspirations, but plenty of work ahead.

"I think all of us are ready (for) the popcorn and the lights to come on tomorrow," said Dwight Howard, who played in just two pre-season games while returning from back surgery. "It's not going to come overnight. We all understand that. We just have to stay patient through the whole process. We have to keep working, and we'll be fine."

Bryant might not be fine for a bit longer. The fifth-leading scorer in NBA history is resting his right foot, which was bruised and strained last week, and the Lakers won't decide whether he'll play against the Mavericks until game time.

He showed up at the Lakers training complex Monday for treatment and practice, yelling at his teammates from the sideline while Jodie Meeks ran with the Los Angeles starters.

"We've got to worry about that when it comes, but I can see him playing tomorrow, definitely," Metta World Peace said of Bryant. "When Kobe is hurt, whether it's the pre-season or the playoffs, he plays.... Kobe has never been afraid to be hurt and play. I think his mind is different from other people."
THE ASSOCIATED PRESS

Quoted

"I think in the long run, we'll get plenty of time. It's just a matter of how quickly we can get some chemistry and some success."
Lakers point guard Steve Nash

Messi picks up his boot

Lionel Messi receives his Golden Boot award, in recognition of scoring the most goals in the European domestic leagues last season, in Barcelona on Monday. The 25-year-old FC Barcelona forward scored a Spanish-league record 50 goals for Barcelona, edging out fellow Spanish-league star Cristiano Ronaldo of Real Madrid by four goals. MANU FERNANDEZ/THE ASSOCIATED PRESS

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
y-Kansas City	34	18	7	9	42	27	63
x-D.C. United	34	17	10	7	53	43	58
x-New York	34	16	9	9	57	46	57
x-Chicago	34	17	11	6	46	41	57
x-Houston	34	14	9	11	48	41	53
Columbus	34	15	12	7	44	44	52
Montreal	34	12	16	6	45	51	42
Philadelphia	34	10	18	6	37	45	36
New England	34	9	17	8	39	44	35
Toronto	34	5	21	8	36	62	23

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
y-San Jose	34	19	6	9	72	43	66
x-Real Salt Lake	34	17	11	6	46	35	57
x-Seattle	34	15	8	11	51	33	56
x-Los Angeles	34	16	12	6	59	47	54
x-Vancouver	34	11	13	10	35	41	43
Dallas	34	9	13	12	42	47	39
Colorado	34	11	19	4	44	50	37
Portland	34	8	16	10	34	56	34
Chivas USA	34	7	18	9	24	58	30

x — Clinched playoff berth.
y — Clinched conference.
Note: Three points for a win, one for a tie.

Sunday's results
Columbus 2 Toronto 1
Chivas USA 2 Dallas 2
Los Angeles 1 Seattle 0

END OF MLS REGULAR SEASON

CFL

WEEK 18

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	17	11	6	0	467	470	22
x-Toronto	17	8	9	0	402	451	16
Hamilton	17	6	11	0	498	533	12
Winnipeg	17	5	12	0	357	520	10

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-B.C.	17	12	5	0	462	348	24
x-Calgary	17	11	6	0	505	403	22
x-Saskatchewan	17	8	9	0	451	392	16
Edmonton	17	7	10	0	395	420	14

x — Clinched playoff berth.
y — Clinched division.

Sunday's result
Montreal 27 Edmonton 25

Saturday's results
Hamilton 28 Winnipeg 18
Toronto 31 Saskatchewan 26

Friday's result
Calgary 41 B.C. 21

WEEK 19

Thursday, Nov. 1 — All Times Eastern
Hamilton at Toronto, 7:30 p.m.

Friday, Nov. 2
Calgary at Edmonton, 9 p.m.

Saturday, Nov. 3
Montreal at Winnipeg, 3 p.m.
Saskatchewan at B.C., 10 p.m.

END OF CFL REGULAR SEASON

TENNIS

ATP

BNP PARIBAS MASTERS

At Paris, France
Singles — First Round

Carlos Berlocq, Argentina, def. Denis Istomin, Uzbekistan, 7-6 (7-2), 6-2.

Jerzy Janowicz, Poland, def. Philipp Kohlschreiber, Germany, 7-6 (7-5), 6-4.

Albert Ramos, Spain, def. Feliciano Lopez, Spain, 7-6 (7-5), 6-4.

Julien Benneteau, France, def. Viktor Troicki, Serbia, 6-4, 7-5.

Alejandro Falla, Colombia, def. Florian Mayer, Germany, 7-6 (7-3), 6-2.

Gilles Simon, France, def. Marcos Baghdatis, Cyprus, 7-5, 6-1.

Benoit Paire, France, def. Pablo Andujar, Spain, 6-3, 6-4.

Andreas Seppi, Italy, def. Martin Klizan, Slovakia, 6-2, 2-6, 7-6 (7-5).

Marcel Granollers, Spain, def. Mikhail Youzhny, Russia, 6-4, 6-3.

Kevin Anderson, South Africa, def. Thomaz Bellucci, Brazil, 6-2, 6-1.

TOUR MONEY LEADERS

(all figures in U.S. dollars)
Through October 29

1. Novak Djokovic	$8,172,445
2. Roger Federer	$6,624,842
3. Rafael Nadal	$4,997,448
4. Andy Murray	$4,693,850
5. David Ferrer	$3,031,706
6. Juan Martin del Potro	$2,344,623
7. Tomas Berdych	$2,256,209
8. Jo-Wilfried Tsonga	$1,960,882
9. Janko Tipsarevic	$1,625,979
10. Richard Gasquet	$1,336,384
Also:	
16. Milos Raonic	$1,151,015

WTA

TOUR MONEY LEADERS

(all figures in U.S. dollars)
Through October 29

1. Victoria Azarenka	$7,323,920
2. Serena Williams	$7,045,975
3. Maria Sharapova	$6,308,296
4. Agnieszka Radwanska	$3,851,542
5. Sara Errani	$3,157,511
6. Petra Kvitova	$2,132,875
7. Angelique Kerber	$1,972,362
8. Na Li	$1,880,646
9. Roberta Vinci	$1,729,166
10. Nadia Petrova	$1,687,493

NBA

Tuesday's games — All Times Eastern
Washington at Cleveland, 7 p.m.
Boston at Miami, 8 p.m.
Dallas at L.A. Lakers, 10:30 p.m.

Wednesday's games
Denver at Philadelphia, 7 p.m.
Indiana at Toronto, 7 p.m.
Houston at Detroit, 7:30 p.m.
Sacramento at Chicago, 8 p.m.
San Antonio at New Orleans, 8 p.m.
Dallas at Utah, 9 p.m.
Golden State at Phoenix, 10 p.m.
L.A. Lakers at Portland, 10:30 p.m.
Memphis at L.A. Clippers, 10:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Manchester	6	5	1	0	0	23	11	10
St. John's	8	4	4	0	0	21	26	8
Portland	7	3	3	1	0	31	29	7
Worcester	7	2	4	0	1	20	27	5
Providence	6	2	4	0	0	13	20	4

NORTHEAST DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Springfield	7	5	1	0	1	21	12	11
Bridgeport	6	4	2	0	0	19	20	8
Connecticut	7	3	3	1	0	27	26	7
Adirondack	7	3	4	0	0	18	26	6
Albany	6	2	4	0	0	14	14	4

EAST DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Norfolk	6	5	1	0	0	23	15	10
Syracuse	7	4	1	1	1	25	25	10
Binghamton	7	3	3	1	0	16	20	7
Hershey	7	3	3	1	0	21	21	7
W-B/Scranton	7	2	5	0	0	17	20	4

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Rochester	8	5	2	1	0	33	29	11
Abbotsford	7	4	1	0	2	25	16	10
Lake Erie	8	5	3	0	0	27	19	10
Hamilton	6	3	2	1	0	15	18	7
Toronto	6	3	2	0	1	17	17	7

MIDWEST DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Chicago	8	5	2	1	0	21	22	11
Rockford	8	4	3	0	1	21	21	9
Grand Rapids	7	2	3	1	1	24	28	6
Peoria	7	2	4	1	0	10	24	5
Milwaukee	6	2	4	0	0	12	18	4

SOUTH DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Charlotte	8	6	1	0	1	32	18	13
Houston	7	4	2	1	0	27	19	9
Okla. City	7	4	3	0	0	24	22	8
Texas	7	3	4	0	0	15	23	6
San Antonio	7	2	4	0	1	14	20	5

Wednesday's game — All Times Eastern
Charlotte at Milwaukee, 8 p.m.

Thursday's games
Lake Erie at Peoria, 8:05 p.m.
Toronto at Abbotsford, 10 p.m.

Friday's games
Syracuse at Adirondack, 7 p.m.
Connecticut at Albany, 7 p.m.
Wilkes-Barre/Scranton at Manchester, 7 p.m.
Hershey at Springfield, 7 p.m.
Worcester at Providence, 7:05 p.m.
Hamilton at Rochester, 7:05 p.m.
Binghamton at Norfolk, 7:30 p.m.
St. John's at Portland, 7:30 p.m.
Lake Erie at Milwaukee, 8 p.m.
Houston at Oklahoma City, 8 p.m.
Chicago at Rockford, 8:05 p.m.
Grand Rapids at San Antonio, 8:30 p.m.
Toronto at Abbotsford, 10 p.m.

Saturday, Nov. 3
Albany at Adirondack, 7 p.m.
Hershey at Bridgeport, 7 p.m.
Rochester at Hamilton, 7 p.m.
St. John's at Worcester, 7 p.m.
Binghamton at Norfolk, 7:15 p.m.
Houston at Oklahoma City, 8 p.m.
Grand Rapids at Texas, 8 p.m.
Milwaukee at Peoria, 8:05 p.m.
Lake Erie at Rockford, 8:05 p.m.

Sunday, Nov. 4
Wilkes-Barre/Scranton at Bridgeport, 3 p.m.
Chicago at Charlotte, 3 p.m.
Manchester at Worcester, 3 p.m.
St. John's at Providence, 3:05 p.m.
Oklahoma City at San Antonio, 5:30 p.m.
Grand Rapids at Houston, 6:05 p.m.

TRANSACTIONS

MLB

AMERICAN LEAGUE

NEW YORK YANKEES—Exercise the 2013 contract options fon RHP David Aardsma, 2B Robinson Cano and CF Curtis Granderson.

OAKLAND ATHLETICS—Exercised the 2013 contract option on RHP Grant Balfour. Declined to exercise the 2013 contract option on SS Stephen Drew.

NATIONAL LEAGUE

LOS ANGELES DODGERS—Declined to exercise the 2013 contract options on RHP Todd Coffey, OF-1B Juan Rivera and C Matt Treanor.

MILWAUKEE BREWERS—Reinstated 1B Mat Gamel, SS Alex Gonzalez and LHP Chris Narveson from the 60-day DL. Agreed to terms with INF Hector Gomez on a minor-league contract.

NBA

DALLAS MAVERICKS—Waived G Delonte West.

OKLAHOMA CITY THUNDER—Exercised its third-year option on G Reggie Jackson.

CYCLING

TEAM SKY—Announced sports director Steven de Jongh has left the squad after admitting to doping during his cycling career.

NFL

INDIANAPOLIS COLTS—Waived RB Mewelde Moore and NT Antonio Dixon. Promoted DB Marshay Green and FB Robert Hughes from the practice squad. Signed CB Teddy Williams to the practice squad.

MINNESOTA VIKINGS—Signed G Tyler Holmes to the practice squad. Waived DE Ernest Owusu from the practice squad.

CFL

CFL—Suspended Toronto LB Brandon Isaac one game for an illegal hit on Saskatchewan QB Darian Durant during an Oct. 27 game.

CALGARY STAMPEDERS—Signed DL Teryl White to the practice roster.

NLL

BUFFALO BANDITS—Agreed to terms with D Derek Suddons on a one-year contract.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	5	3	0	.625	262	170
Miami	4	3	0	.571	150	126
Buffalo	3	4	0	.429	171	227
N.Y. Jets	3	5	0	.375	168	200

SOUTH

	W	L	T	Pct	PF	PA
Houston	6	1	0	.857	216	128
Indianapolis	4	3	0	.571	136	171
Tennessee	3	5	0	.375	162	257
Jacksonville	1	6	0	.143	103	188

NORTH

	W	L	T	Pct	PF	PA
Baltimore	5	2	0	.714	174	161
Pittsburgh	4	3	0	.571	167	144
Cincinnati	3	4	0	.429	166	187
Cleveland	2	6	0	.250	154	186

WEST

	W	L	T	Pct	PF	PA
Denver	4	3	0	.571	204	152
San Diego	3	4	0	.429	154	144
Oakland	3	4	0	.429	139	187
Kansas City	1	6	0	.143	120	209

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	2	0	.750	234	161
Philadelphia	3	4	0	.429	120	155
Dallas	3	4	0	.429	137	162
Washington	3	5	0	.375	213	227

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	7	0	0	1.000	201	130
Tampa Bay	3	4	0	.429	184	153
New Orleans	2	5	0	.286	190	216
Carolina	1	6	0	.143	128	167

NORTH

	W	L	T	Pct	PF	PA
Chicago	6	1	0	.857	185	100
Minnesota	5	3	0	.625	184	167
Green Bay	5	3	0	.625	208	170
Detroit	3	4	0	.429	161	174

WEST

	W	L	T	Pct	PF	PA
San Francisco	6	2	0	.750	189	103
Arizona	4	4	0	.500	127	142
Seattle	4	4	0	.500	140	134
St. Louis	3	5	0	.375	137	186

WEEK EIGHT

Monday's result
San Francisco 24 Arizona 3

Sunday's results
Green Bay 24 Jacksonville 15
Indianapolis 19 Tennessee 13, OT
Chicago 23 Carolina 22
Miami 30 N.Y. Jets 9
Cleveland 7 San Diego 6
Atlanta 30 Philadelphia 17
Detroit 28 Seattle 24
Pittsburgh 27 Washington 12
New England 45 St. Louis 7
Oakland 26 Kansas City 16
N.Y. Giants 29 Dallas 24
Denver 34 New Orleans 13

Thursday's result
Tampa Bay 36 Minnesota 17

WEEK NINE

Thursday's game — All Times Eastern
Kansas City at San Diego, 8:20 p.m.

Sunday, November 4
Detroit at Jacksonville, 1 p.m.
Chicago at Tennessee, 1 p.m.
Denver at Cincinnati, 1 p.m.
Buffalo at Houston, 1 p.m.
Miami at Indianapolis, 1 p.m.
Carolina at Washington, 1 p.m.
Arizona at Green Bay, 1 p.m.
Baltimore at Cleveland, 1 p.m.
Tampa Bay at Oakland, 4:05 p.m.
Minnesota at Seattle, 4:05 p.m.
Pittsburgh at N.Y. Giants, 4:25 p.m.
Dallas at Atlanta, 8:20 p.m.

Monday, November 5
Philadelphia at New Orleans, 8:30 p.m.

49ERS 24 CARDINALS 3

San Francisco	**7**	**10**	**7**	**0**	**—24**
Arizona	**0**	**0**	**3**	**0**	**—3**

First Quarter
First Quarter
SF—Crabtree 3 pass from Ale.Smith (Akers kick), 1:53.
Second Quarter
SF—FG Akers 43, 5:58.
SF—Crabtree 9 pass from Ale.Smith (Akers kick), 1:41.
Third Quarter
SF—Moss 47 pass from Ale.Smith (Akers kick), 7:27.
Ari—FG Feely 28, :57.
Attendance—62,810.

TEAM STATISTICS	SF	Ari
FIRST DOWNS	15	16
Rushing	4	0
Passing	10	15
Penalty	1	1
THIRD DOWN EFF	6-12	2-14
FOURTH DOWN EFF	0-0	2-4
TOTAL NET YARDS	317	265
Total Plays	52	65
Avg Gain	6.1	4.1
NET YARDS RUSHING	113	7
Rushes	29	9
Avg per rush	3.9	0.8
NET YARDS PASSING	204	258
Sacked-Yds lost	4-28	4-32
Gross-Yds passing	232	290
Completed-Att.	18-19	32-52
Had Intercepted	0	1
Yards-Pass Play	8.9	4.6
Punts blocked	0	0
FGs-PATs blocked	0-0	0-0
TOTAL RETURN YARDAGE	90	15
Punt Returns	5-59	4-15
Kickoff Returns	1-31	0-0
Interceptions	1-0	0-0
PENALTIES-Yds	10-80	7-51
FUMBLES-Lost	0-0	0-0
TIME OF POSSESSION	31:16	28:44

INDIVIDUAL STATISTICS
RUSHING—San Francisco, Gore 16-55, Hunter 10-43, Crabtree 1-8, Ale.Smith 1-6, Miller 1-1. Arizona, Stephens-Howling 8-6, Skelton 1-1.
PASSING—San Francisco, Ale.Smith 18-19-0-232. Arizona, Skelton 32-52-1-290.
RECEIVING—San Francisco, Crabtree 5-72, Manningham 4-20, Walker 2-38, V.Davis 2-34, Moss 1-47, Gore 1-11, Hunter 1-6, K.Williams 1-4, Ginn Jr. 1-0. Arizona, Roberts 7-65, Fitzgerald 5-52, Floyd 5-36, Housler 4-32, King 3-43, Stephens-Howling 3-32, Doucet 2-21, Sherman 2-11, Peterson 1-(minus 2).

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Horoscopes

♈ Aries
March 21 - April 20
You will make your needs and desires known with ease today. Partners and colleagues will "get it" instantly, not least because you have such a straightforward way of expressing yourself. Try not to be rude though.

♉ Taurus
April 21 - May 21
Others will do your bidding with no questions asked. With the Sun and Pluto on good terms, you have that imperious air that compels people to do what you say. Whether it's good for you, or them, is another matter.

♊ Gemini
May 22 - June 21
Push your suspicions to one side and learn to trust the people you work and do business with. If you hesitate or hedge your bets, you may look back later and mentally kick yourself for being so timid.

♋ Cancer
June 22 - July 23
Good news of one sort or another will come your way over the next 24 hours. Most likely it will have something to do with a long-term creative project or an affair of the heart — or maybe both.

♌ Leo
July 24 - Aug. 23
You won't have to make much of an effort today — the world will come to you. Everything seems to be happening at just the right time and in just the right way. Make the most of this lucky streak.

♍ Virgo
Aug. 24 - Sept. 23
Before you allow yourself to get annoyed with someone, make sure you have heard them right and make sure you understand what they are trying to say. It could be your own understanding that is at fault.

♎ Libra
Sept. 24 - Oct. 23
Today's Sun-Pluto link is good for family and financial matters, and if you act quickly and decisively you will make some kind of breakthrough. Don't sit back and wait for things to happen. Go out and make them happen.

♏ Scorpio
Oct. 24 - Nov. 22
This is a great time for getting things done, and a great time for travelling and socializing too. If you have been daydreaming about making an escape, this could be the day when you do it for real.

♐ Sagittarius
Nov. 23 - Dec. 21
Your fortunes will change for the better over the next few days but there is no point trying to rush things. The Sun in the most sensitive area of your chart indicates you will achieve more by doing less.

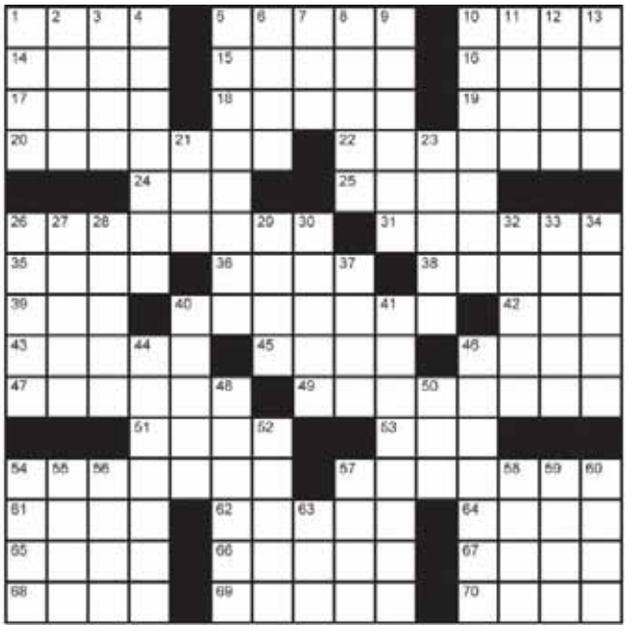
♑ Capricorn
Dec. 22 - Jan. 20
Pluto in your birth sign makes you ultra ambitious but today's link to the Sun means you need to let those you are working alongside make more of an input. They've got some good ideas too you know.

♒ Aquarius
Jan. 21 - Feb. 19
Quality is always more important than quantity, so slow down a bit and focus on the one thing you are really good at. You don't have to do everything to be a success. Identify your niche.

♓ Pisces
Feb. 20 - March 20
The cosmic picture is so favourable at the moment that you have every reason to believe that life will just keep on getting better. Today's Sun-Pluto link urges you to be more dynamic. Take what it is you desire. **SALLY BROMPTON**

Miscellany

BY MICHAEL WIESENBERG



Across
1. ___ Scotia
5. Slurpees' competitors
10. Carriage horse's pace
14. Figure skater's leap
15. Engine supercharger, for short
16. Arranges crookedly, as a prizefight
17. Albanian neighbour
18. Distribute, as confetti
19. Southern California's best-known university, for short
20. Rabbit ears, e.g.
22. Third-largest municipality in 4-Down (2 wds.)
24. Kanga's child in the Winnie-the-Pooh books
25. Elm or oak
26. Come ___: go to pieces, behaviourally
31. Discolors
35. "And ___ word from our sponsor" (2 wds.)
36. Bird feeder food
38. Bad news for a taxpayer
39. Island: Fr.
40. R.B. ___: 11th Prime Minister (1930-35)
42. Big event for a dot-com: initialism
43. Like a wave, sometimes (when overwhelming)
45. Fly high
46. Lion's bellow
47. Having good placement in a race or tournament
49. Member of a Montréal CFL team
51. ___ Krishna
53. 1960s counterculture hallucinogen
54. Firmly fastened, like the seams on Levis
57. Hubbub
61. Hertz Rent-_-___
62. "It's ___!": phrase of confirmation for an assignation (2 wds.)
64. Canada's largest petrol company
65. Ontario-born *Scream* star Campbell
66. *The ___ of Anne Frank*
67. In addition
68. Alumnus, for short
69. Circus animals that balance balls
70. Legal wrongdoing

Down
1. US space gp.
2. Yoked beasts
3. Green: Fr.
4. "Wild Rose Country" province
5. Defeatist declaration (3 wds.)
6. ___ deal: reach an agreement (2 wds.)
7. Flub
8. TV movie critic Roger
9. Farmers, when they strew seeds
10. 15th PM (1980-84)
11. Asian staple grain
12. Stare at
13. Pre-1917 Russian leader
21. And not
23. Coup _'___: political rebellion
26. Apartments
27. "It's the truth!" (2 wds.)
28. Stockholm native
29. Religious sisters
30. Columbus's birthplace
32. Numskull
33. ___ your heels: bite on like a puppy (2 wds.)
34. Emporium
37. Blue shade
40. Sheep's cry
41. Streetcars
44. Stuck (to)
46. Beef or lamb, but not pork (2 wds.)
48. Expects the worst
50. Can. neighbour
52. Murphy of *48 HRS.*
54. Resounded
55. Baker's frosting tool
56. "___-voom!"
57. Bottom-row PC key
58. Norway's capital
59. Soviet Union: initialism
60. Cheer (for)
63. Small battery

Yesterday's Crossword

What's online

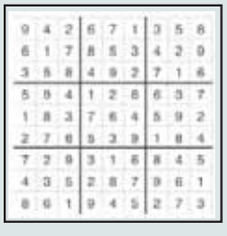
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		9		3		1	6	
7	5		1				3	
		2			6			
		3		9				
1		8				7		4
				2		3		
			6			2		
	6				2		9	3
	7	1		4		5		

Yesterday's Sudoku



Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 5° MIN: -4°	MAX: 0° MIN: -7°	MAX: -1° MIN: -3°

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